Vancouver metro

WEDNESDAY, NOVEMBER 25, 2015

GOOD NEWS IS GUARANTEED FOR 56 PEOPLE TODAY

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NOVEMBER 25 & 28

LOTTO 649
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NOVEMBER 25 & 28
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metroVIEWS

REAL MEN

drink wine from cans

metroLIFE

Vancouver metro

Your essential daily news | WEDNESDAY, NOVEMBER 25, 2015 | High 4°C/Low -2°C Sunny

RICK EGLINTON/TORSTAR NEWS SERVICE FILE

Arrival in Canada, 1993.

LIZ BROWN/METRO TORONTO

New hometown of Oakville, Ont., 2015.

MELITA'S STORY

Metro's Melita Kuburas arrived in Canada as a refugee 22 years ago. Today people ask her, Why the rush to bring in so many Syrians? — 'As if anybody deserves to spend another night on a dirt floor.' **HER FULL STORY IN metroNEWS**

1 in 5 B.C. kids live in poverty

REPORT

Over half of the province's poorest kids live in the city

Doctors, service providers and parents are calling for the provincial government to take action over a new report showing one in five children in B.C. lives in poverty.

A report card released on Tuesday by First Call: B.C. Child and Youth Advocacy Coalition showed 20.4 per cent of children across the province live in poverty, topping the national rate of 19 per cent.

The numbers are from 2013 statistics, the most recent data available, and show just more than half of B.C.'s poorest youngsters are in Metro Vancouver.

Similar child-poverty reports were also released across Canada, commemorating a 1989 all-party resolution in the House of Commons to eliminate child poverty by 2000.

The B.C. report showed the median after-tax income for poor, lone-parent families was $14,300 — $10,019 below the poverty line. Two-parent families with one child were $11,851 below the poverty line.

The report makes 21 recommendations to reduce child poverty, including raising the minimum wage, implementing $10-per-day child care and increasing affordable housing options for families.

Amanda McKay knows what it's like to be a child living in poverty. She grew up in foster care and said she experienced heartache and abuse.

> **"I spend much of my time in survival mode, just trying to get by.**
> Amanda McKay, single parent

McKay said she found solace in school and earned a commerce degree from the University of British Columbia, but today she struggles financially as a single parent to her two-year-old son.

"It makes me feel very ashamed that I can't do more, but at the same time, daycare costs are way too high and welfare rates are way too low," she said.

THE CANADIAN PRESS

metro NEWS

Your essential daily news

A first-of-its-kind program in Hamilton, Ont., reunites pets with owners in hospital. **Canada**

Bylaw forces dog owners to move

PIT BULL

Only Burnaby and Richmond have breed-specific rules

Thandi Fletcher
Metro | Vancouver

A Richmond couple say they feel they have no choice but to move to another city because of a bylaw that requires them to muzzle their blind pit bull even though she needs her snout uncovered to get around.

Leanne and Shaun Bird have listed their home for sale and are planning to move to Tsawwassen early next year to give their beloved pit bull Peanut a better quality of life.

"It's sad," Leanne told Metro. "I was born and raised here in Richmond, and I'm sad to leave, but I'm kind of bound with the way that the bylaws are right now."

Peanut was born with progressive retinal atrophy, an inherited disease that caused her to become blind before the age of two.

The Staffordshire Bull-Terrier mix has learned to get around remarkably well using only her snout and whiskers.

But because she lives in Richmond, the dog is required to wear a muzzle.

According to the city's animal control bylaw, pit bull-type breeds are deemed dangerous dogs and need to be muzzled in public at all times.

Over the past three years, the bylaw has forced the couple to get in their car and take Peanut other cities like Tsawwassen, Surrey and Vancouver, where she can walk and play without a muzzle.

Only Burnaby and Richmond have breed-specific legislation that requires breeds deemed dangerous to be muzzled in public.

Now, Leanne said, they are making a permanent move, despite the fact that she works in Richmond and her husband runs his business in the city.

"We have do this for the betterment of our animal's wellbeing," she said. "It's a choice we have to make, but I'll be sad to leave. I've been here my whole life. It's disappointing."

On Monday night, the couple, along with 30 supporters, including representatives from the BC SPCA and pit-bull advocacy group HugABull, presented a petition with more than 7,000 signatures to Richmond city council calling for a review and amendment of the animal control bylaws.

But Leanne said she was disappointed by council's response.

"A couple of the councillors have had some personal experiences that seem to have created a bit of resistance," she said, adding that one councillor spoke about his dog being recently attacked by a pit bull.

As a dog owner, Leanne said she sympathizes, but she urged council to look at "the bigger picture."

While he could not speak on behalf of council, Ted Townsend, spokesman for the city of Richmond, confirmed the city has no current plans to review the bylaw.

"At this point, staff has received no direction to deal with this any further," he said.

Although she is moving out of Richmond, Leanne said she has no plans to stop fighting the issue.

"There are other cities that are doing this better and we should have a closer look at that," she said. "We're going to continue to respectfully ask for a review."

BLIND DOG
"We have do this for the betterment of our animal's wellbeing. It's a choice we have to make, but I'll be sad to leave. I've been here my whole life. It's disappointing." Leanne Bird

Peanut, a blind Staffordshire Bull Terrier-mix, plays on a beach in Tsawwassen. Her owners Leanne and Shaun Bird will soon be moving there because of a bylaw that requires them to put a muzzle on their pet, even though she needs her snout uncovered to get around. CONTRIBUTED

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Rush-hour electric glitch

TRANSPORTATION

SkyTrain shutdown impacts thousands

Matt Kieltyka
Metro | Vancouver

Thousands of commuters endured a difficult rush hour home Tuesday evening, after an electrical problem stopped SkyTrain service in downtown Vancouver.

TransLink said the outage was caused by a power problem between Stadium and Main Street stations that affected one train with people on board.

Attendants were on the scene within minutes, and were able to evacuate the train and bring passengers to a nearby station.

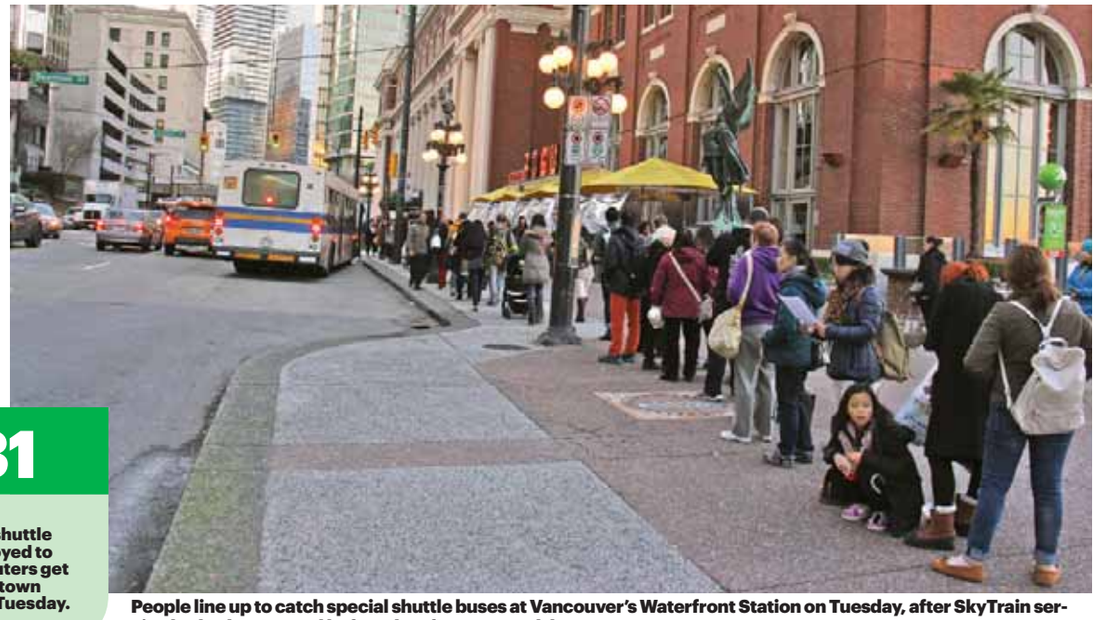
No other passengers were left stranded on trains, the transit authority said.

However, all SkyTrain stations between Broadway and Waterfront in downtown Vancouver were shut down and 31 shuttle buses were rushed out to transport people trying to get out of downtown Vancouver.

The Canada Line was not affected, but experienced a busy rush hour all the same as people tried to find alternate routes to their destinations.

31

Number of shuttle buses deployed to help commuters get out of downtown Vancouver Tuesday.



People line up to catch special shuttle buses at Vancouver's Waterfront Station on Tuesday, after SkyTrain service had to be stopped before the afternoon rush hour. MATT KIELTYKA/METRO

IN BRIEF

Repeat B.C. poppy thief receives sentence

A man who admitted in court to repeatedly pilfering poppy donations before Remembrance Day has been sentenced in Nanaimo to five months in jail, one year of probation, and he must pay a $100 victim surcharge on each of the charges.

Anthony Britt pleaded guilty to four separate theft charges arising out of incidents on Nov. 3 and Nov. 6.

THE CANADIAN PRESS

Chain-reaction crash closes Highway 99

Investigators are "amazed" no one was killed in a multi-vehicle, chain-reaction crash on Highway 99 at the north end of the George Massey tunnel, RCMP said.

A semitruck collided into the back of a van just before 9 a.m., leading to several other vehicles being read-ended.

People in three vehicles were taken to hospital with non-life threatening injuries.

METRO

SUPPLY SHORTAGE

Got milk? Donations needed

Thandi Fletcher
Metro | Vancouver

The B.C. Women's Milk Bank is urging nursing mothers to donate their extra milk as the bank faces a shortage ahead of the busy holiday season.

Like blood donation, the Provincial Milk Bank depends on a steady stream of donations to meet the needs of each hospital they serve. But, according to program co-ordinator Frances Jones, the bank is close to running dry this week.

"Our freezer is down to about six bags," she told Metro. "We are definitely feeling the pressure to get milk into our freezer."

Most of the shelves are empty, said Jones. All that remains is about 500 ounces, which is just more than a week's supply needed to feed babies in B.C. Women's Hospital's neonatal intensive care unit alone.

The problem, said Jones, is the bank also supplies other hospitals in the region and babies in the community.

While the bank does experience an "ebb and flow" in supply at different times of year, Jones said this year's shortage ahead of Christmas is hitting earlier than anticipated.

She encourages healthy moms who have babies under a year and have extra milk to give to consider donating. After all, she said, 'tis the season for giving.

"This is a fabulous gift from the heart," she said.

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TAXATION

Mayor touts mixed report

Vancouver is touting a new report as proof of its positive environment for businesses, even though the report says the city's taxes are higher than average for a major Canadian city.

Mayor Gregor Robertson said in a statement Tuesday that the recent C.D. Howe Institute report marks "important further validation" of the city's work to keep taxes low and cut red tape.

The report, which ranked 10 major Canadian cities, gave Vancouver an A grade in transparency and a B in simplicity of its business tax regime. That suggests it's fairly easy for prospective business owners to figure out how much they will have to pay if they set up shop within city limits.

The mayor cited low business tax rates as part of the reason the Conference Board of Canada predicted Vancouver will lead the country in economic growth until 2019.

But the mayor didn't mention that the report said Vancouver is "middle of the pack" when it comes to the overall tax burden on businesses and that its marginal effective tax rate is above the Canadian average.

Saskatoon and Calgary have the lowest business taxes while St. John, Charlottetown and Montreal have the highest tax rates, according to the report.

EMILY JACKSON/METRO

HUDSON'S BAY

Our TODAY ONLY Wednesday, November 25th Calvin Klein AD incorrectly stated the down to feather fill ratio in two of the styles advertised. The Calvin Klein white coat featured on the far left of the ad, style number 0060-CWH17531 and style number 0060-CWH17531-B have a 50% down / 50% feather fill. We apologize for any inconvenience this error may have caused.

City urged to oblige fewer parking spots

DEVELOPMENT

Move would promote more housing and transit: Report

Emily Jackson
Metro | Vancouver

Over the years, the city has eased parking requirements for many new developments near the Canada Line or SkyTrain lines, particularly for rental housing. JENNIFER GAUTHIER/FOR METRO

The City of Vancouver is poised to reduce the number of parking spots required for some new apartments in a bid to encourage developers to build more units near East Vancouver SkyTrain stations.

A staff report going to a public hearing on Tuesday night recommends easing restrictions to allow developers to build less than one parking spot (0.65 stalls) per unit in eight zones near the 29th Avenue and Nanaimo SkyTrain stations.

As it stands, developers must build up to two parking spots per unit in these locations — an expensive requirement that staff believe is deterring developers from building despite zoning that allows apartments and stacked townhouses.

The report notes the sites have been zoned for development for 25 years, but there has been little action. This is a problem in a city that's short on rental supply; vacancy rates hover around one per cent.

It anticipates these new developments will not only be cheaper but greener. Getting rid of extra parking spots will likely reduce the number of cars residents own and encourage them to get around by transit, cycling or walking.

One of the city's major green goals is to decrease the number of trips taken by car to one third of all trips by 2040 from 50 per cent as of 2014.

"Reducing or eliminating parking requirements can reduce housing or lease costs while encouraging more sustainable transportation choices and contributing to a more vibrant, walking-friendly public realm," according to the report.

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A big binner brainstorm

COMMUNITY HEALTH

A new binner prototype is needed, say residents

Emily Jackson
Metro | Vancouver

A group of Vancouverites wants to improve working conditions for residents who collect cans and bottles from back alleys across the city, by creating some sort of binner box.

Strathcona residents and binners held a meeting Tuesday night to brainstorm a prototype for a receptacle that could minimize the amount of dumpster-diving required for those who eke out a living, by filtering through trashcans and recycling bins for containers worth a few dimes.

The purpose of a binner box is for residents to be able to donate their bottles and cans directly to binners instead of putting them in locked bins.

"The box hopefully will allow them to bin quicker so they don't have to go through the entire blue bin," said Anna Godefroy, director of the Binners' Project.

"I'm hoping it will be a safer way of binning as well, so they don't have to go through general waste."

The project was initiated by Ken Lyotier, a binner and founder of Downtown Eastside bottle depot United We Can.

The goal is to create something that's easy for residents to adopt that makes it more dignified for the binners competing for bottles, Godefroy said.

"They really live on the edge of society," she said. "There's a really limited amount of money you can make in binning."

At the meeting, local binners, designers from Basic Design and the team from the Binners' Project (funded by Tides Canada) agreed some sort of hook where people could hang bags full of empty containers might be more viable than the original idea of a wooden box.

The original prototype of the binner box, where residents could place bottles to make it easier for binners to collect. THE BINNERS' PROJECT/CONTRIBUTED

BC HOUSING

Vancouver to open 170 extra extreme weather shelter beds

Matt Kieltyka
Metro | Vancouver

BC Housing will open an additional 170 Extreme Weather Response shelter beds in Vancouver, as cold temperatures continue to put homeless people at risk.

There will be four temporary winter shelters open as of Dec. 5, bringing the total number of extreme weather beds to 230.

That's in addition to the 740 permanent, year-round shelter spaces already open in Vancouver.

BC Housing says a 40-bed shelter at 119 E. Cordova and a 30-bed shelter at 134 E. Cordova are now open.

Another 50 beds will open Nov. 30 at 900 Pacific St., and 50 more will be available Dec. 5 at 1648 East First Ave.

If the shelters are at capacity, BC Housing says people will still be provided with support, such as meals, until an alternative shelter space can be found.

The Extreme Weather Response beds – which are activated when cities declare an extreme weather alert – will be open 24/7, provide three meals a day and can operate until April 30, 2016.

More information can be found at BC Housing's website.

SHOOTING

Surrey RCMP investigate possible targeted shooting

Mounties are investigating an apparent targeted shooting in Surrey late Monday, but the two intended victims are refusing to talk to police.

Around 11 p.m., Surrey RCMP said they received several calls from witnesses about gunshots in the area of 142nd Street and 62 Avenue. Witnesses told police that they saw a South Asian man running from the area wearing a mask. Police also received calls from inside the home in the 14200 block of 62A Avenue reporting that shots were fired at two people.

The two intended victims are known to police, and the shooting is believed to have been targeted, according to police. Surrey RCMP's Serious Crime Unit has taken over the investigation and is continuing to collect evidence and speak to witnesses. Anyone with information is asked to contact Surrey RCMP at 604-599-0502 or Crime Stoppers, if they wish to remain anonymous, at 1-800-222-8477. THANDI FLETCHER/METRO

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Drug database underused

PAINKILLERS

Tracking opioid prescriptions could reduce overdoses

Overdose deaths could be reduced in B.C. if more doctors used a provincial database to track prescriptions for painkillers, a new report says.

The B.C. Centre for Excellence in HIV/AIDS said in its report that opioids such as oxycodone are increasingly being overprescribed to patients who become addicted to the medication.

It said only 30 per cent of B.C. doctors are enrolled in the PharmaNet program, which allows physicians to see if patients are abusing opioids by getting prescriptions elsewhere.

"(That) means that over 70 per cent of B.C. physicians may be writing opioid prescriptions without knowing if the patient in front of them is already prescribed opioids from multiple other practitioners," the report said.

Prescription pills containing oxycodone and acetaminophen are shown in this June 20, 2012 photo. GRAEME ROY/THE CANADIAN PRESS

"This is a very real concern, as evidenced by the case of one B.C. resident who received more than 23,000 pills of oxycodone from more than 50 physicians and 100 pharmacies over five years," said the report released Tuesday.

"Additionally, practitioners who do not use PharmaNet may be unaware if a patient is receiving medications that pose high risk for overdose if co-prescribed with opioids such as benzodiazopines or methadone."

From 2005 to 2011, the rate of prescribing strong opioids in the province jumped by almost 50 per cent while dispensing of oxycodone went up by 135 per cent, said the report.

Organized crime groups' manufacturing of counterfeit opioids, often containing fentanyl, fuel the street market for illicit opioids, and that's "arguably a direct result of longstanding unsafe physician prescribing practices," the report said.

Pharmacists and doctors in methadone clinics and emergency departments access PharmaNet, but the report said all doctors should be required to use the database when prescribing opioids.

British Columbia's public health officer Dr. Perry Kendall said there are no significant barriers to enrolling in PharmaNet, adding younger physicians are more likely to connect to the database through their electronic medical records compared to older doctors who may not be as tech-savvy.

THE CANADIAN PRESS

30 per cent

The proportion of B.C. doctors enrolled in PharmaNet, which shows if a patient is already prescribed opioid painkillers.
THE CANADIAN PRESS

BUDGET

Province's finances stable, says minister

Finance Minister Mike de Jong says B.C's projected budget surplus continues to dip, but economic growth forecasts remain stable amid declines in neighbouring provinces and overseas.

B.C.'s budget surplus was forecast at $284 last February, but now it's projected to be $265 million, down $19 million.

De Jong provided an accounting of the provincial finances before meeting later this month with independent economic forecasters ahead of his budget presentation in February.

He says B.C.'s economic growth is forecast at two per cent this year and 2.4 per cent in 2016, slightly ahead of Canada's growth projections of two per cent next year.

The minister says B.C.'s strong housing market continues to contribute to government tax coffers and is driving increases in government revenues, as are rising retail sales of more than seven per cent.

THE CANADIAN PRESS

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Dwayne Mazereeuw, pictured on Nov. 24, 2015, and his wife were rescued from the Leviathan II whale watching boat that capsized off Tofino last month. MIKE RIDEWOOD/THE CANADIAN PRESS

‘They risked their lives to come out’

TOFINO

Calgary man gives back to community

Dwayne Mazereeuw knew lives were at risk after a giant wave hit the Leviathan II and tossed him, his wife and 25 others into the chilling, rolling waters off the west coast of Vancouver Island.

“As soon as the boat went over, as soon as people started flying into the water, I knew we were in a bad situation,” he said about the tragedy that claimed six lives near Tofino on Oct. 25.

“I knew it was very possible lives were going to be lost that day,” he said from Calgary.

Mazereeuw, 36, said he and his wife, Elisa, 34, were on their first weekend getaway together since the births of their young children when an afternoon whale-watching trip turned deadly.

He said the couple survived the ordeal by clutching a life ring for anywhere between 30 minutes to an hour in the frigid waters before being pulled aboard a water taxi that came to their rescue from the nearby First Nation village of Ahousaht.

Mazereeuw said he went public with his survival ordeal after seeing a story about a fundraising effort to build a skate park for Ahousaht’s at-risk youth. Mazereeuw said he builds skate parks for a living, and wants to help the village, which only has about two kilometres of paved road.

“I couldn’t believe how perfect an opportunity it was to give back to the community,” he said.

Mazereeuw said the whale watchers were viewing sea lions on the rocks near an area called Plover Reefs about 15 kilometres west of Tofino when the boat capsized.

“I remember looking over to the right side of the boat and seeing a fairly large wave coming but didn’t think a whole lot of it,” he said.

Mazereeuw said the wave tipped the boat and it wasn’t until he saw people being flung overboard that he realized the danger of the situation.

“I managed to hang onto the boat for a while as it was going down, but I too was quickly in the water,” he said. “It happened super quick. After that, I ended up underneath the boat.”

Mazereeuw said he was able to swim to the surface and saw a man in the water hanging onto a life ring from the vessel.

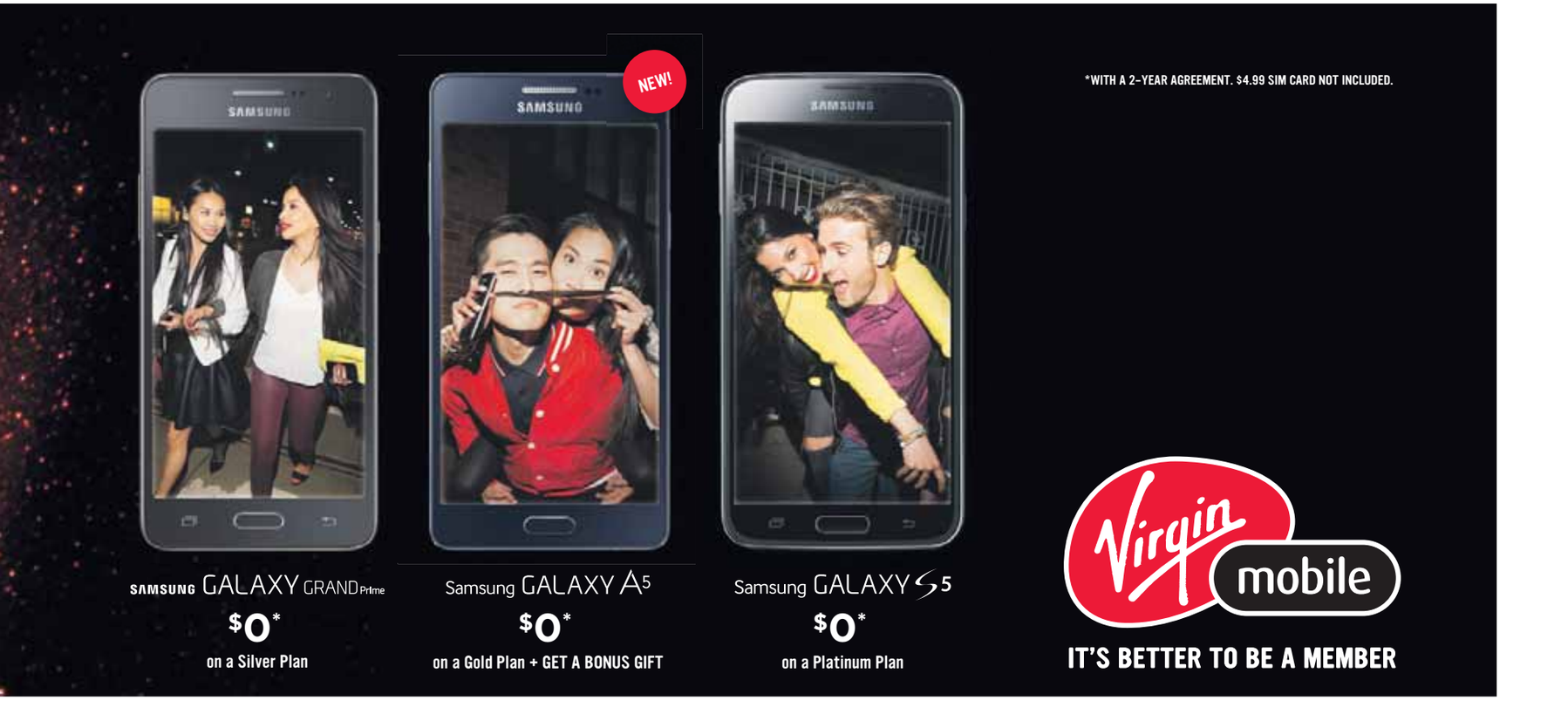
“I had no idea where my wife was at the time,” he said. “I heard my name being called. I think it was one of the crew members who was with my wife. She was able to swim over and latch onto the life ring with me.”

Mazereeuw said he and his wife and three others clung to the life ring as waves coated with oil and diesel from the capsized vessel crashed over their heads.

He said the sight of a rescue flare fired in the near distance gave the survivors hope that help was on the way.

He said the Ahousaht residents who launched a rescue effort likely saved numerous lives.

“They risked their lives to come out and save us. The waters weren’t calm.” THE CANADIAN PRESS



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‘We were one of the lucky ones’

As the country prepares to welcome thousands of Syrian refugees, a Metro editor recalls how her family built a happy life in Canada after escaping a war zone

Melita Kuburas
Metro | Canada

For years I’ve treasured this clipped-out newspaper photograph of my family taken just moments after we arrived in Canada. My dad, at the age of 35, only three years older than I am now, has his right arm curled protectively around me and my little brother, nine and five years old at the time.

In the photo he looks like someone anticipating a better life, one he would grant us.

He had just been released from concentration camp at Manjaca in northwestern Bosnia and Herzegovina, where he was imprisoned for six months. Starved, beaten, kept from his family for nothing more than being Muslim.

Yesterday, Prime Minister Justin Trudeau’s government announced details about its ambitious plan to resettle 25,000 Syrian refugees over the next three months. Many have criticized the haste — why the rush? they ask. As if any mother and child deserve to spend another night in a tent on a dirt floor.

A softening of the Liberals’ initial promise is disappointing, but at least there’s a commitment to welcome newcomers with urgency. There’s so much desperation in the camps abroad. Perhaps a family’s name is on an immigration list, but it’s a promise that can be yanked away at any moment. In my family’s case, the offer to come to Canada was unreal up until the moment we landed here, when aspirations became concrete.

The question for me, then, isn’t why the rush, but is there good enough reason to make them wait?

We were among 46 government-assisted refugees who arrived from the former Yugoslavia that day, Jan. 24, 1993, and many more would follow — almost 16,000 over the next four years, who, like us, didn’t have a home to go back to. The breakup of the socialist union led to a fight over Bosnian territory, turning into a bloody war that gained notoriety for “ethnic cleansing.” It ended with more than 100,000 deaths, over a third of them civilians.

We were one of the lucky ones, and it’s not something we took for granted.

* * *

“Too generous.”

These words are used to describe Canada’s refugee policy on the Letters page in The Star on Nov. 8, 1993. They are echoed by critics this week in the comments section on any story about incoming Syrians.

Welcoming refugees is very generous of Canada, and of Canadians, but I can assure you: refugees are not freeloading. They are not “collecting cheques” and living lavishly. In fact, I recognize now in our first few years here what I failed to see back then — poverty.

We lived in temporary housing, a motel, for about a month in Toronto after arriving. Then we rented a two-bedroom apartment in Mississauga, the size that suited our four-person family for about a decade, until we were finally able to buy a two-storey house in Oakville.

Much of our apartment in those early years was furnished by items placed curbside by neighbours on garbage day. (“Do you have to write that in your article?” my mother asks now.)

> **Welcoming refugees is very generous of Canada, and of Canadians, but I can assure you: refugees are not freeloading.**

I remember her washing other people’s carpets on our balcony, which were afterwards laid out on our floors.

My brother and I played Nintendo on a wooden-encased TV set that had a Lazy Bones remote — a discarded 1950s relic, I presume.

There was a No Frills at the plaza just around the corner from our building, but if milk happened to be on sale at Knob Hill Farms, an old supermarket chain at the discount mall across town, my parents would bike there to shop. The savings would have been negated by bus fare, so they biked 25 minutes each way to make it worthwhile.

I smile at this story now whenever I stop at Whole Foods because it’s on my way home from work.

Their bicycles were also salvaged from the scrapheap. My dad would come to pick me up at school with his, until I sheepishly asked him if next time he could leave the bike at home. I guess that what my mom finds embarrassing now, I was ashamed of back then. We were on assistance for about a year until they both found jobs, my dad as an electrician and my mom as a cashier until she went back to school for her trade in accounting.

Though they soon found work, we couldn’t afford a car until two years later, when my dad bought an ’86 blue Cutlass Ciera.

So this is not me complaining; these are not the painful memories, though there are plenty of those from back home: the men in uniforms, pointing a gun at me while demanding money (“Surely you love her the most,” one had contemptuously said); the grandfather and favourite uncle who were killed, and whom I would never see again; the melancholy that takes over whenever I think back to the sharp interruption of an otherwise happy childhood.

In contrast, our family’s struggles in our new home — learning a language, getting a job, trying to fit in at school — were welcome ones. Integration comes quickly, and it did for us.

Like most government-sponsored refugees, we had to refund the cost of our trip to Canada and initial startup expenses, taking on a debt of $3,500 right upon arrival. My dad sees that as fair: “It offered someone else a turn to come here.”

Melita encourages readers to contact her directly at: melita.kuburas@metronews.ca

Bosnian refugee tells of odyssey to freedom

By Allan Thompson
TORONTO STAR

For Senad Kuburas and his wife, Edina, the journey through darkness began just before dawn, May 21, when the Serbs started shelling their little village of Biljani in northern Bosnia.

“The shelling lasted for two hours. Those who weren’t killed fled to a bush on the edge of town,” Kuburas, a Muslim shopkeeper, recounted yesterday through an interpreter.

Kuburas and his family were among 46 Bosnian refugees to arrive at Pearson International Airport last night to begin new lives in Metro. Through a special program announced last November, Canada accepted 500 refugees from the former Yugoslavia, men who spent months in Serb-run detention camps before being reunited with their families by the Red Cross.

Senad and Edina Kuburas are in Toronto now. With the others, they will spend the next three weeks in an Immigration Canada reception house to begin integrating into Canadian society. Counsellors from the immigration department — as well as local Bosnian relief agencies — will help.

The new life in Canada lies ahead, but last night their thoughts were still in Biljani.

“The same day as the shelling, the Serbs went around with loudspeakers, telling all Muslims to give up their weapons. We didn’t have much anyway, only shotguns and rifles that be-

they were returned to their houses, then they killed them there.

“It was hot, and we stayed in the truck without moving for three and a half hours. They told us anyone to leave the truck would be shot. When the trucks finally left, we saw we were heading east. We felt somewhat in knowing we wouldn’t be killed on the spot.

“At Manjaca, the camp, which is really just a government farm, they told us to give them all our money, gold watches, and that if they found anything we’d be persecuted. As we got off the truck, the same man was hitting everyone with a piece of wood,” Kuburas said.

All the men were then stripped down to their underwear, he said.

“When we had our clothes off, they beat us again. They separated us in different groups and put us in different buildings. Mine had just a bare cement floor. They gave us our clothes back, but that’s all we had.”

Kuburas spent two months in the camp, along with hundreds of other men, enduring daily beatings, consuming mostly bread and water, watching friends die, beaten to death.

“I’ve seen friends, men who were with us, beaten to death. Omer Pelipovic, he was one. Emel Bandic, another. I tell you their names so you know I am telling the truth,” Kuburas said.

He said the Red Cross went to his camp in late summer, and

A NEW LIFE: Senad Kuburas, with daughter Melita and son Meldun, hopes to find a job soon in Canada. Kuburas spent months in a Serb-run camp in Bosnia.

A page from the Toronto Star, published on Jan. 25, 1993, shows a young Melita Kuburas and her family arriving at Pearson Airport as government-assisted refugees from the former Yugoslavia. CONTRIBUTED

From the archives ...

The following are excerpts from the original story about the Kuburas family’s tribulations in the former Yugoslavia, as well as their arrival in Canada — published Jan. 25, 1993, in the Toronto Star:

“I was taken to a place where they asked me what I owned, then sent me home,” (Senad) Kuburas said. “But a week later they came back, came to my house saying they had an order to search.

“They pushed my wife and children into the corner of the room. A man with a shotgun pointed it at my father, and told me to hand over all our money, our deutschmarks. I had only 150 and he didn’t believe that was all I had. He put a gun to my daughter’s head and said he would shoot her if I didn’t give more money.

...

“He told me another group of soldiers was coming, and that they were going to kill me. I panicked, sent my wife and kids to the neighbour’s house.

“Then the soldiers came and knocked on my door. They told me to come out. We came out, me and my old father. They said, ‘Leave the old man here.’”

Kuburas said he never saw his father again.

...

Kuburas spent two months in the camp, along with hundreds of other men, enduring daily beatings, consuming mostly bread and water, watching friends die, beaten to death.

...

“The Red Cross asked us if we wanted to go from the camps. We’d heard so much about Canada. Canada was taking people with families,” he said.

“We were told Canada is a big country, only 27 million people, so it still needs population there.”

Former Toronto Star reporter **Allan Thompson.** CONTRIBUTED

Journey through history

I was on my laptop last Wednesday, sharing a column about the prospect of welcoming Syrian refugees in Canada’s small towns, when an email message landed out of the blue.

Melita Kuburas, an editor at Metro Toronto, was getting in touch to ask about a story I’d written for the Toronto Star more than two decades earlier about another refugee influx. Then, it was hundreds of refugees from war-torn Bosnia, looking to make a new life in Canada.

“You interviewed my father on the day we landed in Canada,” she wrote.

I remembered the assignment in an instant. It was late in the day on Sunday, Jan. 24, 1993, when I took a cab to Pearson airport to meet with refugees from Bosnia who were arriving in Toronto to start over.

Melita and her brother were just little kids then, cowering beside their dad, Senad Kuburas, when he recounted through an interpreter the family’s horrific experiences in the Bosnian war. Looking back now, it seems the Canadian instinct to open our arms to refugees from a Muslim community in Bosnia was somehow more second nature then.

ALLAN THOMPSON

I’ve always wanted to meet the original story’s photographer, Rick Eglinton. Not only did he record a life-changing moment for us, he also captured a certain dignity in my father’s face.

EXCERPT: MELITA KUBURAS
PHOTO: LIZ BEDDALL/METRO

Liberals push back refugee goal

SYRIAN REFUGEES IN CANADA

Exit visas and preparing cities cited as delay factors

The Liberals will miss their self-imposed deadline to resettle 25,000 refugees by the end of the year, instead pledging to meet the target by the end of February 2016.

The government will also count privately sponsored refugees against the total goal of 25,000 people, as well as any Syrian refugee who has arrived in Canada since Nov. 1. The government expects 10,000 will be privately sponsored — 40 per cent of its goal.

Officials cite several challenges, including getting exit visas from host countries and ensuring Canadian communities are able to accommodate the refugees, as factors for pushing back the deadline.

In a media briefing today, officials said the government still intends to get the refugees to Canada as quickly as possible, but conceded that 15,000 are expected to have to wait until the first weeks of the new year.

"Yes, we want to bring them fast, but we also want to do it right," said John McCallum, Minister of Immigration, Refugees and Citizenship, speaking at a news conference Tuesday.

McCallum said Canadians will welcome refugees "with a smile, but a smile alone is not sufficient."

He said the delay would allow more time to ensure homes and language training for refugees would be in place when they arrive. The overall plan is expected to cost as much as $687 million over six years, with the bulk of the money spent in the first two years.

Some departments involved in the resettlement project will be asked to absorb the costs, but officials say most will be new money.

The refugees will be drawn from UNHCR camps in Jordan and Lebanon, as well as refugees registered with the government of Turkey.

Especially vulnerable groups — families, women at risk, and LGBT refugees — will be prioritized. Single men accompanying their parents can also be admitted.

The refugees will be subject to extensive security and health screening at multiple stages on their journey to Canada. The first layer includes registration with the UNHCR or the Turkish government, followed by interviews, biometric and biographical data collection, and checks against public safety databases in Canada and the United States.

As many as 500 federal personnel — including Canadian Forces members — are being deployed overseas to aid in the processing. TORSTAR NEWS SERVICE

Left to right: Health Minister Jane Philpott, John McCallum, Minister of Immigration, Refugees and Citizenship, and Defence Minister Harjit Sajjan announce, during a news conference Tuesday, **Canada's plan to resettle 25,000 Syrian refugees.** SEAN KILPATRICK/THE CANADIAN PRESS

5

The number of phases for the plan: Identification, processing, transportation, arrival, integration.

$687M

The overall cost of the plan over six years, with the bulk to be spent the first two years.

500

The number of federal personnel — including Canadian Forces members — being deployed overseas to aid in the processing of refugees.

COSTS

Sponsoring refugees a collaborative effort

If you want to become a refugee sponsor, here are the steps you need to take.

WHO CAN SPONSOR A REFUGEE?
Canadians can volunteer to support an individual or a family for one year. You can collaborate with friends, neighbours, colleagues, professional organizations and social clubs to commit the time and money required.

The website of Lifeline Syria, a refugee sponsorship group, recommends private sponsors join together in groups of five or more.

"You will need to work with others to share the tasks and support the refugee family to successfully settle here," the website states.

The Canadian government has temporarily exempted Syrian and Iraqi refugees from requiring refugee status before a group of five private sponsors can submit an application. In 1979, after the Vietnam War, 7,000 Canadian faith and community groups privately sponsored a total of 29,269 refugees, thanks to a grassroots Toronto-based operation known as Operation Lifeline.

This number was out of a total of about 60,000 Indochinese eventually resettled in Canada.

BACKGROUND

Privately sponsored refugees will form around 40 per cent of the 25,000 people from Syria that the Liberal government plans to settle in Canada by February 2016.

COSTS, IN TIME AND MONEY
Government estimates place the cost of settling an individual refugee today at around $12,000. A family of four will need about $25,000.

Speaking to the Star in September, Lifeline Syria chair Ratna Omidvar said she thought the estimates are conservative considering what the cost of living in the GTA amounts to. The organization's website puts the cost of housing a family of four at closer to $27,000. But Omidvar said the money rarely becomes a problem.

"Yes, you have to raise it, but that's not difficult. You have to commit the time. That is the real commitment from private sponsors." TORSTAR NEWS SERVICE

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Quebec construction deeply corrupt: Probe

CHARBONNEAU REPORT

Hells Angels, Mafia problem far-reaching

The infiltration of organized crime groups into Quebec's construction industry is far worse than originally feared, Superior Court Justice France Charbonneau said Tuesday as she released her much-awaited report.

"This investigation confirmed that there was a real problem in Quebec and that it was far more widespread than we originally believed," Charbonneau said.

She said that the Mafia and Hells Angels worked their way deep into the industry, gaining access to public and private contracts and worker's pension funds.

"A culture of impunity developed," Charbonneau said, reading from a prepared statement.

Superior Court Justice France Charbonneau. THE CANADIAN PRESS

The commission heard of bribes, kickbacks, assaults and even murder.

She praised the courage of some of the 300 witnesses who testified since the inquiry began hearing testimony in September 2012.

"Contractors revealed that they were the victims of threats, intimidation and assault," she said. "Their testimony took us to the heart of our mandate."

Charbonneau also sounded a hopeful note, and said that one of the five volumes of her report contains 60 recommendations on how to clean up the construction industry.

"This report tries to address the problems with concrete solutions," she said.

One key recommendation in the 1,600-page report is to set up an independent committee to decide on the awarding of government contracts.

Another recommendation is for better whistleblower protection.

"Whistle-blowing must not be seen as an act of betrayal," she said.

She noted that New York State' has a False Claims Act, which makes companies and individuals liable for defrauding the government.

The report was posted online Wednesday. Some of the testimony won't be made public because of publication bans, Charbonneau said.

TORSTAR NEWS SERVICE

> **A culture of impunity developed.**
> France Charbonneau

HAMILTON, ONT.

Dying wish granted: Hospital allows pets

Patients at a Hamilton, Ont., hospital can spend time with pets thanks to a unique initiative prompted by a woman's promise to her dying nephew.

Zachary's Paws for Healing was launched by Donna Jenkins and named for her nephew, who died last year after being diagnosed with Hodgkin's lymphoma.

Zachary Noble longed for a visit from his dog while at Juravinski Hospital and was allowed one with the help of his medical team. Before he died, Noble made his aunt promise she'd work with the hospital to establish a program for companion pet visits.

"If it wasn't for the insight of that young man who was 25 years old and autistic to empathize with the other patients around him, this may have never happened," Jenkins said.

Many hospitals, including Juravinski, have policies on pet visits, but the requirements are so arduous that they often aren't pursued, said Jenkins. That's where her organization comes in: "We do all the leg work, we do all the paperwork, we do all the contacting for the families."

After her nephew's death, Jenkins worked with a committee at the Juravinski Hospital to develop the program. It launched in September, initially only providing pet visits to patients in certain intensive and long-term care units. Two weeks ago, however, the program expanded to the entire hospital. THE CANADIAN PRESS

Grace Campbell and Cuddles s at Juravinski Hospital. COURTESY THE HAMILTON SPECTATOR

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Second bomb plot discovered in raid

Paris

Business district next target, says prosecutor

The man believed to have planned the Nov. 13 Paris attacks that killed 130 people and wounded hundreds more had likely planned to carry out another suicide bombing days later in the French capital's business district, the Paris prosecutor said on Tuesday.

Abdelhamid Abaaoud and an accomplice are believed to have been planning to attack La Defence on Nov. 18 or 19, Paris prosecutor Francois Molins said.

Abaaoud was among three people killed during a police raid on an apartment in a northern Paris suburb in the early hours of Nov. 18.

His female cousin, Hasna Ait Boulahcen, died of asphyxia apparently from the explosive vest detonated by a third person, who hasn't been identified, the prosecutor said. The explosion led to part of the apartment collapsing.

Molins said the unidentified third person is believed to have been the accomplice with whom Abaaoud would have carried out an attack on La Defence, the highrise district that is headquarters to major companies on the western edge of Paris.

The prosecutor said he "can't be, and doesn't want to be more precise" on the details suggesting such an attack had been planned.

THE ASSOCIATED PRESS

A soldier patrols at the Christmas market along the Champs Elysees avenue in Paris. MICHEL EULER/THE ASSOCIATED PRESS

SLUGLINE

U.S., France to step up ISIL airstrikes

In a show of Western solidarity, President Barack Obama and French President Francois Hollande vowed Tuesday to escalate airstrikes against the Islamic State and bolster intelligence sharing following the deadly attacks in Paris. They called on Russia to join the international efforts, but only if Moscow ends its support for Syria's embattled president.

"Russia is the outlier," Obama said during a joint White House news conference with Hollande.

Tuesday's meeting came hours after Turkey shot down a Russian warplane near the Syrian border. The incident underscored the complex military landscape in Syria, where a sprawling cast of countries and rebel groups are engaged on the battlefield and in the skies overhead, sometimes with minimal co-ordination.

Obama said Russian co-operation in the fight against the Islamic State of Iraq and the Levant would be "enormously helpful."

But he insisted a partnership is impossible as long as Russia stands by Syrian President Bashar Assad, who is blamed by the U.S. for plunging his country into chaos and creating the vacuum that allowed ISIL to strengthen.

> **We hope that (Russia) refocuses their attention on what is the most substantial threat.**
> Barack Obama

"We hope that they refocus their attention on what is the most substantial threat, and that they serve as a constructive partner," Obama said of Russia.

Hollande concurred, saying France wants to work alongside Russia, but only if President Vladimir Putin "fully commits" to supporting a political transition in Syria.

Hollande's alignment with Obama was notable, given that he was expected to urge the U.S. president to put aside some of his differences with Russia to build a new coalition to fight the extremists. But Hollande's mission quickly became entangled with the fallout from the downed Russian military plane.

THE ASSOCIATED PRESS

President Barack Obama meets with President Francois Hollande of France in the Oval Office of the White House in Washington, ANDREW HARNIK/AP PHOTO

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EXPLOSION

Tunisia in state of emergency after 12 killed

Tunisia's president declared a 30-day state of emergency across the country and imposed an overnight curfew for the capital after an explosion Tuesday struck a bus carrying members of the presidential guard, killing at least 12 people and wounding 20 others.

The government described it as a terrorist attack. The blast on a tree-lined avenue in the heart of Tunis is a new blow to a country that is seen as a model for the region but has struggled against Islamic extremist violence. Radical gunmen staged two attacks earlier this year that killed 60 people, devastated the tourism industry and rattled this young democracy.

No one immediately claimed responsibility for the attack against the presidential guard.

President Beji Caid Essebsi, who wasn't in the bus at the time, declared the state of emergency and curfew on the Tunis region.

> **I want to reassure the Tunisian people that we will vanquish terrorism.**
> President Beji Caid Essebsi

"I want to reassure the Tunisian people that we will vanquish terrorism," he said.

Police fanned out throughout central Tunis after Tuesday's explosion, and ambulances rushed to the scene, evacuating wounded and dead. Top government ministers visited the scene of the attack after it was cordoned off by police. THE ASSOCIATED PRESS

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A Russian Su-24 takes off on a combat mission at Hemeimeem airbase in Syria. THE ASSOCIATED PRESS FILE

Turkey fires on warplane

GLOBAL INCIDENT

Putin calls destruction of Russian aircraft a 'stab in back'

Turkey shot down a Russian warplane on Tuesday that it said ignored repeated warnings and crossed into its airspace from Syria, killing at least one of the two pilots in a long-feared escalation in tensions between Russia and NATO. Russian President Vladimir Putin denounced what he called a "stab in the back" and warned of "significant consequences."

> **Russia will never tolerate such atrocities as happened today.**
> President Vladimir Putin

The shoot down, the first time in half a century that a NATO member has downed a Russian plane, prompted an emergency meeting of the alliance. The incident highlighted the chaotic complexity of Syria's civil war, where multiple groups with clashing alliances are fighting on the ground and the sky is crowded with aircraft bombing various targets.

The pilots of the downed Su-24 ejected, but one was killed by Syrian rebel fire from the ground as he parachuted to Earth, said the Russian general staff, insisting the Russian jet had been in Syrian airspace at the time.

One of two helicopters sent to the crash site to search for survivors was also hit by rebel fire, killing one serviceman and forcing the chopper to make an emergency landing, the military said.

A visibly angry Putin denounced what he called a "stab in the back by the terrorists' accomplices" and warned of "significant consequences" for Russian-Turkish relations. Hours later Foreign Minister Sergey Lavrov cancelled a planned visit to Turkey on Wednesday.

Stoltenberg urged "calm and de-escalation" and renewed contacts between Moscow and Ankara. Russia has long been at odds with NATO, which it accuses of encroaching on Russia's borders, as well as with Turkey's determination to oust Syrian President Bashar Assad, a longtime Moscow ally.

In Washington, President Barack Obama said Turkey "has a right to defend its territory and its airspace."

At a news conference with French President Francois Hollande, he said the incident underscored the "ongoing problem" with Russia's military operations in Syria, where the Russians have been targeting groups near the Turkish border.

Calling Russia an "outlier" in the global fight against the Islamic State group, Obama said that if Moscow were to concentrate its airstrikes on IS targets, mistakes "would be less likely to occur."

THE ASSOCIATED PRESS

Seven killed in attack at Egypt hotel

MIDDLE EAST

ISIL in Sinai takes credit for fatal car bombing

A brazen militant attack involving a suicide car bombing and claimed by the Islamic State of Iraq and the Levant (ISIL) targeted a hotel in Egypt's restive northern Sinai region on Tuesday, killing seven people, including two judges, the state MENA news agency said.

The attack on the Swiss Inn hotel in the coastal city of El-Arish was the latest violence convulsing the troubled peninsula, where Egyptian troops are struggling to put down an Islamic insurgency.

The attack was quickly claimed by ISIL's affiliate based in Sinai.

The assault came a day after Egypt held the second round of parliamentary elections. Judges who supervised the vote in Sinai were staying in the heavily guarded hotel.

MENA's report said four policemen and a civilian were also among the seven killed, and that at least 10 people were wounded. The agency cited an unnamed security official, as it often does.

The Sinai branch of ISIL claimed responsibility for the attack in a statement posted by sympathizers on social media accounts. It said the attack was carried out by two militants: the suicide car bomber and a gunman, who is alleged to have opened fire inside the hotel before blowing himself up. THE ASSOCIATED PRESS

Emergency personnel and security forces stand next to ambulances outside the Swiss Inn hotel in the Egyptian town of El-Arish following an attack on the hotel Tuesday. AFP/GETTY IMAGES

ISRAEL

United States won't recognize settlements

A new spat emerged between the Israeli government and Washington over Jewish settlements on Tuesday, as U.S. Secretary of State John Kerry visited Israel and the West Bank for the first time in more than a year.

As Kerry set aside his goal of a long-sought peace accord to make way for more modest hopes of an end to two months of deadly violence, Israeli Prime Minister Benjamin Netanyahu called for the recognition of some existing settlement blocs in exchange for steps to ease tensions with the Palestinians.

In Washington, the State Department quickly rejected any suggestion the U.S. would alter its longstanding opposition to settlements or recognize them as legitimate outside of a peace agreement.

There were no signs that Kerry made headway in easing tensions during his meetings with Netanyahu and Palestinian President Mahmoud Abbas.

Alongside Netanyahu, Kerry noted Israel's obligation to defend itself from "attacks in the streets with knives, with scissors, with cars." When he met Israeli President Reuven Rivlin, he said the shootings and stabbings were a "challenge to all civilized people."

U.S. Secretary of State John Kerry JACQUELYN MARTIN/ THE ASSOCIATED PRESS

None of the leaders themselves offered any encouragement that peace might be possible right now.

"There can be no peace when we have an onslaught of terror, not here, not anywhere else," Netanyahu said.

The Palestinians and the international community, including the U.S., reject all settlement activity as illegal or illegitimate. The official said Israel would not agree to any freeze in settlement construction. The Palestinians seek all of the West Bank, captured by Israel in 1967, as the heartland of their future state. THE ASSOCIATED PRESS

IN BRIEF

Three dead, 16 captured as Taliban downs helicopter

Taliban insurgents on Tuesday ambushed a military-contracted helicopter that made an emergency landing in Faryab province in northwestern Afghanistan, killing three people in a shootout and capturing 16 others who were on board, Afghan officials said.

An army officer in Faryab said anonymously that the civilian aircraft had been contracted to transport army personnel. THE ASSOCIATED PRESS

Suicide car bomb outside Libyan capital kills five

A security official with Libya's Islamist government says a suicide car bombing struck a checkpoint in Msallata, a town southeast of Tripoli. He says the explosion killed five militia fighters and wounded 17 people, 10 of them critically.

Libya has been in turmoil following the toppling and killing of longtime dictator Moammar Gadhafi. THE ASSOCIATED PRESS

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EDUCATION

Not enough grads have the right skills: CIBC head

Canada's post-secondary institutions are not producing enough graduates with the right skills to drive future economic growth, CIBC's CEO said.

Victor Dodig said Tuesday the country lags among its international peers when it comes to teaching disciplines that are important for innovation, such as math, science, and engineering.

"A lot of people are overeducated and underqualified for the jobs that are needed," Dodig said.

THE CANADIAN PRESS

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RESOURCES

UAE running out of groundwater

While skyscrapers and gleaming towers rose with lightning speed across the United Arab Emirates over the past two decades, the Gulf nation's thirst for water grew at an enormous rate — so much so that today, it threatens to dry up all of the country's groundwater in as little as 15 years, experts say.

To quench that demand, cities across the seven emirates that make up the UAE rely on desalinated seawater to supply 98 per cent of their drinking water, but that comes with a huge environmental and fiscal cost. Now, officials are looking at new technologies to cover that demand, while acknowledging the risks ahead.

"In our region, water is more important than oil," said Ahmad Belhoul, CEO of Masdar, the Abu Dhabi government's clean-energy company. "We're trying to find solutions to address that."

While the Emirates rose on its oil wealth, the riches spurred the development that strains the water supply in this desert nation. An academic paper published earlier this year by scientists at the United Arab Emirates University in Al Ain, suggested the country's entire supply of groundwater could be gone by 2030.

THE ASSOCIATED PRESS

A desalination test facility in Abu Dhabi. THE ASSOCIATED PRESS

People shop in a nearly empty arcade in central Brussels on Monday. The lockdown imposed on the Belgian capital includes its subways and schools, which are to re-open Wednesday.

VIRGINIA MAYO/THE ASSOCIATED PRESS

Brussels lockdown hurting businesses

SECURITY ALERT

Some owners say measures too dramatic, cut into profits

Belgium may be famed for its beer and chocolate, but the lockdown imposed on the capital because of the highest-level security alert is leaving a bad taste for many businesses.

While few doubt the government's need to protect the public from a Paris-style attack — which officials have warned is a "serious and imminent" threat in Brussels — some shop owners say the attempts to shut down the city are too drastic.

Many shopping centres have been largely deserted since the threat alert was imposed Saturday.

"It's not a very good decision," Esther Willems, assistant manager at the Galler chocolate shop in Brussels' city centre, said of the lockdown in the capital. "In the last two days, we have only had about 10-11 clients." Normally, they would have around 100.

With many shops closed in downtown Brussels, Rachel Van der Veken's Maxi-Bagi cafe sandwich shop was one of the few still open.

> **It's not like terrorists are just walking around the streets here.**
> Esther Willems

"If I stay at home and accept this situation, it's like I accept what the terrorists are saying," she said.

Still, Van der Veken said she had zero customers on Saturday. Since then, her normal takings have been cut in half but she acknowledged it was impossible to say whether Belgian officials are overreacting.

"You can never say it's too high a cost because you have to protect your people, but why didn't they act before Paris? They knew there was always this threat."

The Belgian government says the threat alert will remain in place until Monday unless there is a significant development.

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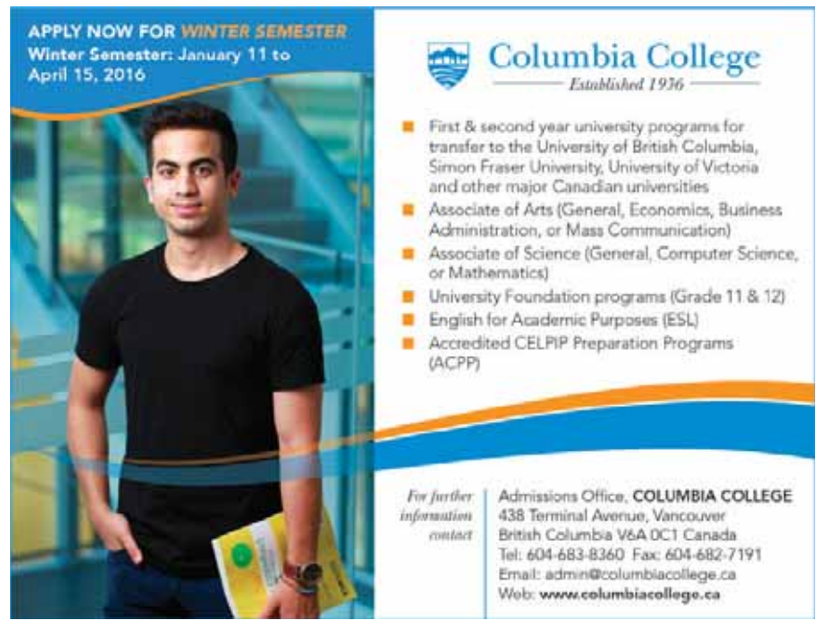
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metro VIEWS
Your essential daily news
Wednesday, November 25, 2015

The first fundraising scam? Researchers have found British monks in AD 1184 raised money by claiming to house the bones of King Arthur.

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

I recently got into a cab that was filthy dirty. It reeked. When I got out, I reeked. Should I have said something to the driver?

Ani Castillo

Dear Ellen,

I recently got into a cab that was filthy dirty. It reeked. When I got out, I reeked. Should I have said something to the driver?

Katie in Ottawa

Dear Katie,

When it comes to being on someone else's turf, or inviting someone on to yours, there can be a fine line between polite behaviour and being a doormat.

Take the dinner party, for example. Should I tell a guest to stop talking with his mouth full and stuff my napkin in his gob the next time he laugh-spits half-chewed pasta particles onto my spectacles? Never. As a gracious hostess, I must smile through bits of flying food as if this masticating monster is the most charming man who ever graced my table. Then, if forced to invite him again, I would simply seat him far away, in the section reserved for drunken slobs and boring egomaniacs. Since all these specimens are completely oblivious of everyone else, and therefore immune to the kind of torture each one of them inflicts, I consider this to be a fair and tactful solution for all concerned.

Similarly, if you're invited to someone else's home, and it's a filthy, stinking mess, you have no choice but to choke down whatever is on offer, and then check yourself in for medical tests the next day if you're not feeling well.

If the driver of your rolling garbage dump is an owner who wants to stay in business, they need to up their game.

None of this hostess-guest etiquette, however, applies to taxis, or restaurants, or any other transactional business where you are paying good money for a product or service, and your peace of mind and possibly health are at risk.

With a filthy taxicab, you have several options.

- Back away from the car, with or without an explanation ("*I just remembered*, I'm allergic to vinyl").
- Decline the service with an honest explanation: "Your cab is dirty and smells terrible. I think I'll wait for another one."
- Get into the cab if you can't wait for another one, and suffer in silence.
- Get into the cab and decline to tip when you reach your destination, though in this case, you do owe an explanation: "I'm sorry, but the state of your cab doesn't warrant a tip."

If the cab is actually a health hazard, or you need to redirect it to the nearest dry cleaner in order to get the smell off your clothes, you should not only say something, you should snap a pic of the operating licence and make a complaint, either to the taxi company or your city's licensing body, or both.

Taxi driving is a difficult job, and thanks to Uber — whose operators should also be held to a cleanliness standard — it's tougher than ever to make a living at it. But if the driver of your rolling garbage dump is an owner who wants to stay in business, they need to up their game.

And if the driver is an employee being forced to work all day in a dirty, stinking environment that you can't stand for 20 minutes, then consider that your official complaint might help them out too.

Need advice?
Email Ellen:
scene@metronews.ca

metroview

Men are made into weapons of war. They need protection, too.

Genna Buck
Metro | Toronto

Canada's decision to limit the Syrian refugees we're accepting to women, children and families for now (no unaccompanied men) makes me so angry. It's unfair. It's blind to the realities of war. And it might even aid ISIL.

To begin to see this issue clearly, we first need to ditch the dehumanizing language.

"Unaccompanied" sounds ominous. A one-man sleeper cell. How about "alone"?

Alone, because his entire family is among the quarter-million who've perished in the conflict. Alone, because he got separated from relatives and friends. Alone, because his loved ones are too sick or old or disabled to travel. War has a way of scattering people.

Syria's men and women both deserve protection: While women's bodily autonomy is often the first casualty of war, men's bodies are the weapons. President Bashar al-Assad's weapons. ISIL's weapons.

This is an especially dirty war, with atrocities on all sides. It's very difficult for Syrian men to avoid being swept in — either conscripted into Assad's forces or lured, by intimidation or intoxicating rhetoric, into armed groups like ISIL.

We like to think people who kill innocents and perpetrate war crimes are alien and evil to the core, but history shows almost anyone can be pressed into doing almost anything in the right circumstances.

Just ask any of the millions of men who walk the streets of Kampala, of Sarajevo, of Buenos Aires, and more, haunted every day by the ghosts of war. I lived for a few months in Rwanda, where hundreds of thousands of men wake up daily and face the fact that they once took machetes to dozens of their neighbours.

In another time and place, the young, able-bodied men in my life could be called to take up arms. My movie-buff friend. My 23-year-old fitness-fanatic brother. My cousin, forced to turn his rifle sights from ducks onto human beings. I'd do anything to spare him — to spare any of them — from that.

Toronto immigration lawyer Guidy Mamann told Metro that disqualifying young men is the only way to screen the promised number of refugees within the government's deadline (since extended by two months) and keep the security threat manageable. If we really don't have time to evaluate each case individually, maybe we do need to slow down.

Because when the federal government describes unaccompanied men as "security risks," they're really saying, "It doesn't matter who you are, it doesn't matter what your story is, we know enough about you to know you're dangerous."

Even if it's legal in this context, discriminating based on gender is not who we are. The Charter of Rights and Freedoms is Canada's vision for a just world. We should aspire to live up to it always, especially when no one is making us.

If, like me, you value peace as an end in itself, then pressure our leaders to welcome Syrian refugees who qualify to Canada, regardless of their gender or family status.

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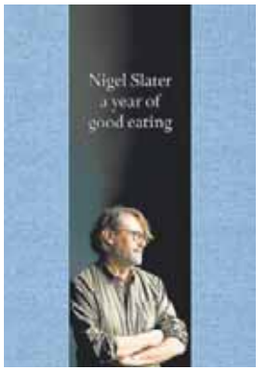
metro LIFE

Your essential daily news

Japanese scientists have located the part of the brain linked to feeling happy

BOOK EXCERPT **A YEAR OF GOOD EATING BY NIGEL SLATER**

Steak, Stilton and thyme pie



A Year of Good Eating is the third instalment of English food writer Nigel Slater's Kitchen Diaries series.

In this one, he looks at culinary delights over the course of a year through diary entries, stories and recipes.

The book contains more than 250 recipes. Here's one that is perfect for the holiday season.

RECIPE EXCERPTED WITH PERMISSION FROM A YEAR OF GOOD EATING: KITCHEN DIARIES III BY NIGEL SLATER, HARPERCOLLINS, $44.99

The cut of beef is up to you. It gets a good couple of hours' cooking, so could be a cheaper cut such as shin, or one of the less expensive of the steaks, such as rump. Many butchers and supermarkets sell usefully ready-cubed meat especially for such recipes.

Ingredients

- Groundnut oil — a little
- Beef, cubed — 1kg
- Small shallots — 10
- Carrots — 300g
- A rib of celery
- Plain flour — 2 tablespoons
- Marsala — 200ml
- Beef stock — 1 litre
- Thyme — 8 sprigs

For the shortbread crust:

- Plain flour — 250g
- Butter — 75g
- Parsley — a large handful
- Stilton — 80g
- Thyme leaves — 1 teaspoon
- Egg yolks — 2
- Water, to mix

Food writer Nigel Slater also art directs his books.

ALL PHOTOS CONTRIBUTED

Directions

Warm a couple of tablespoons of oil in a deep casserole dish over a moderately high heat, add a third of the beef and brown on all sides, then remove and continue with the rest of the meat. By doing it in two or three batches you avoid crowding the pan, allowing the meat to brown more effectively.

Peel and halve the shallots, roughly chop the carrots, then add both to the pan, with a little more oil if needed, browning gently and evenly. Slice the celery into thin pieces and add to the pan, but don't let it brown.

Return the beef to the pan, together with any juices that may have escaped. Scatter over the flour, continue cooking for a minute or two, then pour in the Marsala and the beef stock and bring to the boil. Season with salt and pepper, tuck in the thyme sprigs, then lower the heat and simmer, very gently, for almost two hours, till the beef is tender. Leave to cool a little whilst you make the crust.

For the crust: put the flour into a bowl, add the butter, then rub together until you have the texture of coarse, fresh breadcrumbs. Chop the parsley roughly. Add the crumbled Stilton, the chopped parsley and thyme leaves to the flour and butter and rub gently to fine crumbs.

Mix in the egg yolks and enough water to make a soft but rollable dough. Set the oven at 200°C/Gas 6.

Cut the dough in half. Roll one half to the diameter of the casserole dish, then place on top of the beef. Cut a hole or small slit in the centre to let the steam out. Shape the other half into a 20cm disc, place on a baking sheet, prick the surface with a fork, then score into six segments, as if you were slicing a cake.

Bake the pie and the separate crust for twenty-five to thirty minutes, till golden brown. (Keep an eye on the disc of crust — you may need to remove it before the pie is ready.) Serve the pie with wedges of the extra crust for those who want it. For four.

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Kitchen trials of a MasterChef judge

COOKBOOK

Weight loss altered how Elliot prepares everyday meals

Melita Kuburas
Metro | Canada

In person, chef Graham Elliot, of TV's MasterChef fame, looks different. He's not wearing his usual bow tie, button-down shirt and vest, nor is he wearing a chef jacket. The white frame Ray Bans glasses, however, are unmistakable.

We meet on this unusually balmy October day in Toronto to talk about his first book, Cooking Like a Master Chef — his elevated take on foods "that everyone has had before," he explains — stroganoff, pot roast, scallops, and caesar salad for example.

Sporting a red hoodie over a black T, jeans and red Converse sneakers, Elliot is feeling under the weather, slumped into the couch, his voice scratchy. But like his "jolly" TV persona, he's gracious and polite, even when we discuss his very apparent weight loss since he first shot to fame.

Elliot, who had vertical sleeve gastrectomy in 2013, used to weigh 400 lbs, has now dropped to 250. He says that while this is not a diet book, the 100 recipes here are not the same as they would have been five years ago.

"I think maybe (my lifestyle) was reflective in the food that I did where it was like, 'let's put a bunch of pop rocks on top of this! And maybe garnish this with chocolate sauce!"

There are still indulgent dishes in the book, he says, "but it doesn't mean that I have to sit there and personally eat it all, too."

Like for many chefs who work crazy long hours in a stressful environment, he used food as a crutch, he says. It's ironic that he would put so much love and thought into food he made for other people, but none of the care into his own meals.

"I would take $20/lb filet mignon, serve it, roast it, glaze it in butter and herbs, slice it thin a beautiful potato purée and at the end of the night I realize I haven't eaten in eight hours. So I would take all these burnt pieces of the filet that were left-over and squash it between a bun and that's my dinner, at three in the morning," he says.

His surgery, which made his stomach smaller, thereby limiting his daily caloric intake, didn't really have an impact on food prep he says. That's where expertise (he's been in the business for 20 years) comes in.

Take for instance the Maple-Bourbon Glazed Scallops with Butternut Squash and Swiss Chard (pg. 113), which he knows is going to have similar components to a butternut squash bisque with sliced raw scallop over the top, for instance.

"I know that that means it's going to be a soft silky texture, it's going to be naturally sweet, and I'll need something acidic to cut through the richness of the soup. You don't have to go and spoon up and taste everything in the world. You'll just taste it to make sure it's seasoned right," he says.

Chef Graham Elliot lost an impressive amount of weight since undergoing a gastrectomy and changing his approach to eating. CONTRIBUTED

RECIPE CHEDDAR CHEESE RISOTTO

Serves 4 to 6

Prep time: About 35 minutes, plus drying and resting
Cooking time: About 1 hour

Bacon Powder
- 4 slices thick-cut bacon, chopped into small pieces

Apple Garnish
- 2 Gala or similar firm, sweet apples, peeled, cored, and julienned (reserve the apple peelings)
- 2 Tbsp fresh lemon juice
- 1 cup grenadine
- 1/2 cup apple cider vinegar
- 1/4 cup packed brown sugar

Glazed Onions
- 2 Tbsp unsalted butter
- 2 cups peeled pearl onions
- 3 Tbsp hard cider

Risotto
- 2 Tbsp olive oil
- 1 cup minced onions
- 2 cups arborio rice
- 3 cups dry white wine
- 4 oz Wisconsin cheddar cheese, shredded (about 1 cup)
- 2 oz mascarpone (about 1/4 cup)
- Salt and coarsely ground black pepper
- 1 bunch chives, finely chopped, for garnish

1. For the bacon powder, in a small frying pan, slowly cook the bacon over medium-low heat. Spoon the fat off and discard as the bacon cooks. When the bacon browns, use a slotted spoon to transfer the bacon to a fine-mesh sieve or chinois to drain a little more. Spread the bacon pieces on paper towels and allow the bacon to air-dry for 2 to 3 hours.

2. Grind the bacon pieces in a spice or coffee grinder. Spread the powder on paper towels and let it air-dry for at least 6 hours. The powder can be made up to 2 days ahead and stored in a lidded container at room temperature until ready to use.

3. For the apple garnish, in a small bowl, toss the julienned apples with the lemon juice. Add some cold water to cover the apples and set aside for up to 4 hours.

4. In a small saucepan, combine the grenadine, vinegar, and brown sugar with the reserved apple peelings. Bring to a boil over medium-high heat, reduce the heat, and simmer for about 5 minutes, or until the syrup has reduced to the consistency of honey. Transfer the syrup to a blender and puree until smooth. Set aside until needed.

5. For the glazed onions, in a large sauté pan, melt the butter over medium-high heat. When hot, cook the pearl onions for about 15 minutes, or until browned and tender.

6. Add the hard cider, reduce the heat to medium, and cook for about 30 minutes longer, or until the onions are cooked through. Lift the onions from the cooking liquid and set aside, covered to keep warm, until needed.

7. For the risotto, in a large saucepan, bring about 3 cups of water to a boil. Reduce the heat so that it's barely simmering but is very hot.

8. In a large, deep pot, heat the oil over medium-high heat and sauté the minced onions for 4 to 5 minutes, or until translucent. Add the rice and stir with a wooden spoon to mix well with the onions. Cook for 5 minutes longer.

9. Reduce the heat to medium-low and add 1 cup of the wine, stirring the rice and wine continuously with the wooden spoon. When the first cup of wine has been absorbed by the rice, add another cup. Stir the rice and wine, and add the final cup of wine when the rice has absorbed the second cup. As you stir, the rice will release its natural starches, which help absorb the liquid.

10. Begin adding the hot water in 1/4-cup increments, stirring all the while. When you have added about 1 cup of the hot water, start tasting the rice and when it's al dente and has a little toothiness, stop adding water. This entire process should take about 20 minutes. Keep the hot water on the stove.

11. Add the cheddar and mascarpone to the hot risotto. Stir to allow the cheese to melt into the rice. Gently stir in the glazed onions. Season with salt and pepper. (Make sure you use enough pepper, which helps cut through the flavors of the dish.)

12. Divide the risotto among four to six serving plates or shallow bowls. Drain and pat dry the julienned apples and garnish each serving with the apples, chives, and bacon powder. Spoon the pureed apple peelings around the outside of the dish.

EXCERPT OF COOKING LIKE A MASTER CHEF: 100 RECIPES TO MAKE THE EVERYDAY EXTAORDINARY, BY GRAHAM ELLIOT IS PRINTED WITH THE PERMISSION OF ATRIA BOOKS.

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ROUSH

What does it mean when guys eat more?

A study says that men eat 92 per cent more when in the presence of women. ISTOCK

WORD OF MOUTH

Men dominate eating contests, holiday-dinner extra helpings

Theresa Albert
For Metro Canada

Do you know that a man is more likely to overeat in the presence of women? The theory is that they do it to impress the opposite sex. According to a new study published in the Journal of Evolutionary Psychological Science at Cornell University, men consumed 92 per cent more when in the presence of women but not when in the presence of only other men. Women eat exactly the same regardless of who they were with. Here are some ways you can spot the phenomenon in action:

- The macho effect is at play when junk food companies introduce the next double down, super huge, extra bacon and uber deep fried "snack." It appeals to mostly young men who feel invincible and who can handle the calories

- Eating contests at state fairs, company picnics and on YouTube are overrepresented by males. Men tend to enter these contests more often, win these contests most often and attend or watch the caveman behaviour most often. (This calls into question the theory of them doing so to impress women...)

- The holiday table you are about to enjoy. Take a casual look around at the heap on the plates in your life. Whose is higher? Who goes back for more?

In the never-ending quest for answers on the obesity front it is up to you to decide where this piece of the pie this information fits.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

FOOD BRIEF

Mancan wine gets crushed on the Internet

Mancan: It's wine. In a can. For a man.

Because sometimes, sidling up to a bar, asking for a Pinot Grigio, and holding a glass of wine by the stem while buddies are chugging back beer can be emasculating, an entrepreneur decided to put wine in a can and allow his fellow wine-loving homies to enjoy the taste of red fruits and tannins while grunting about sports.

The marketing gimmick has generated no small amount of buzz with some camps skewering the product:

- "This isn't wine in a can. This is #MasculinitySoFragile in a can."
- "Actually #ManCan, I'm quite OK with stemware. And my masculinity too."

Launched in September, the product gained momentum in recent days after being picked up widely by British media.

Mancan comes in red, white and a sparkling wine. But don't go looking for a long list of descriptors, because Mancan is for drinking, "not pairing."

While Mancan caters to men, beer makers have also made controversial attempts to cater to lady drinkers. AFP

INTANGIBLE CULTURAL HERITAGE

N. Korea wins back pride in kimchi war

North Korea has applied to have its kimchi get the same official UNESCO status as its South Korean counterpart. ISTOCK

North Korea scored a major victory in the kimchi wars Monday when the UN all but elevated its pickled vegetables to the same lofty status as its southern neighbour's spicy capitalist cabbage.

Pyongyang suffered a blow to its prestige two years ago when South Korea's kimchi — a favourite dish made mostly from fermented cabbage — was added to UNESCO's prestigious list of the world's "intangible cultural heritage." Not to be outdone, the north is now on the brink of getting the same classification for its own communist kimchi.

The fiery, often strong-smelling foodstuff can provoke equally strong emotions, with fierce rivalry between regions, communities and even families over whose kimchi is superior.

"Koreans share experience among themselves to make delicious kimchi according to season, while helping each other with raw materials and in preparation," UNESCO said as it confirmed the inclusion of the Democratic Republic of Korea's "red kimchi" on a list of nominations to be rubberstamped at a meeting next week in Namibia.

It is likely to joined on the list by the preparation of Arabic coffee, with which guests are traditionally welcomed in the region, following a successful joint campaign by Saudi Arabia, Oman and Qatar.

Koreans traditionally get together in late November and early December to make enough kimchi to last through the peninsula's long hard winter.

"The tradition contributes to social unity since it is practised in the whole society involving neighbourhoods, relatives, villages and organisations," the UN's cultural arm added.

Blood-red and eye-wateringly hot, kimchi is eaten daily by 95 per cent of Koreans, and more than half have it at as a side dish at every meal, including breakfast, according to a 2011 survey.

Seventeen other folk, dance, song and artisanal traditions are also set to receive UNESCO help and protection, including the crafting of Portugese cow bells, bagpipe-playing in Slovakia, endangered oral traditions in Uganda, Mongolian "camel coaxing" rituals and male-only Romanian dances. AFP

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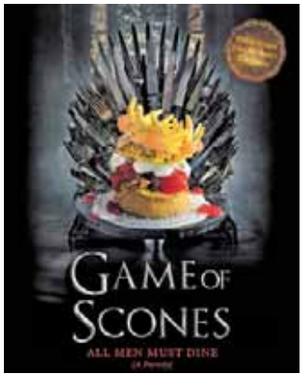
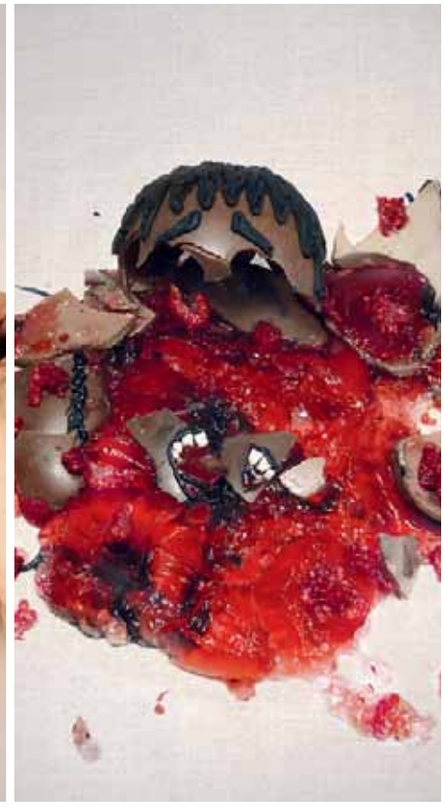
BOOK EXCERPT **GAME OF SCONES BY JAMMY LANNISTER**

Oberyn's Smashing Surprise





Deliciously clever, witty and tasty, Game of Scones: All Men Must Dine: A Parody (HarperCollins) features a series of edible recipes inspired by some of the shocking events that took place during the first five seasons of the popular HBO series.

Enjoyed seeing Bran Stark being carried all over the place by Hodor? There is a muffin for you. Relished seeing Jaime Lannister's hand cut off? There is a jam-filled cookie you can bake — and then mutilate. Is Daenerys Targaryen your pick to take the Iron Throne? You can recreate her unsullied soldiers as ladyfinger biscuits, without nuts, obviously.

Who is behind these pun-filled confections? A superfan of the series, and of baking, who goes by the pen name of Jammy Lannister.

So — as the book asks — "Arya hungry?"

The following is a recipe for Oberyn's Smashing Surprise, a chocolate and jam treat inspired by the horrific scene where Oberyn Martell's head is crushed by The Mountain.

EXCERPT OF GAME OF SCONES: ALL MEN MUST DINE: A PARODY, BY JAMMY LANNISTER IS PRINTED WITH THE PERMISSION OF HARPERCOLLINS.

An explosion of chocolate and fruit that serves a gruesome reminder to always finish your dinner before walking away. **Feeds 8**

Ingredients

- 1 punnet fresh raspberries (Ed. note: a punnet is a small basket)
- 100g chocolate egg, about 12 cm tall
- 1 packet strawberry or raspberry jelly
- 100g butter, softened
- 175g icing sugar, sifted
- Black and red food colours
- A handful of cashew nuts

Directions

1. Cut the raspberries into mashed-brain-sized pieces.

2. Take the chocolate egg and, using a knife, cut a small hole in the top of the egg towards the back.

3. In a jug, make up the jelly as directed on the back of the packet and stir in the raspberries (you should have expected this recipe to be a little fruity), putting it aside to cool.

4. Meanwhile, beat the butter and icing sugar together until fluffy. Keeping back a very small amount for the tongue, colour the butter cream with black food colour. Colour the remaining amount red.

Transfer the black icing to a pipping bag fitted with a plain nozzle and add hair and features to the egg.

Fill in the tongue with the red icing using the tip of a knife.

5. Crush the cashew nuts using a large knife and with leftover icing attach them to the mouth to look like teeth.

6. Once cooled and just beginning to set, carefully pour the jelly into the head and leave to set.

7. To serve, place your thumbs in the egg's eyes, allowing them to melt the chocolate a little before pushing through and crushing the egg to reveal the jelly inside.

8. As the chocolate face gives way beneath your hands, loudly confess to your hideous crimes and watch as your guests quietly make towards the door.

LIQUID ASSETS

Softer spicy Jäger gets the nog

Peter Rockwell
For Metro Canada

When you're in the booze business the temptation to not leave well enough alone can be nearly impossible to ignore.

In recent years, both liqueur and mainstream spirit companies, eyeing the success of flavoured vodka, have taken to adding just about anything to their classic recipes to stay relevant.

With its syrupy blend of 56 herbs, blossoms, roots and fruits, Germany's Jägermeister has remained one of the last liqueurs without a spinoff. That is, until now.

Jägermeister Spice ($23.98-$32.25) is a limited edition out for the holidays that "newly arranges" the original version's components, while adding cinnamon and vanilla to the mix.

At 25 per cent alcohol by volume (10 per cent less than the original), it's a softer, gentler Jäger that's meant to be sipped at room temperature rather than shot ice cold like its bigger brother.

Its eclectic spiciness makes a great addition to eggnog, though adding a splash of dark rum or American whisky as well will make your season brighter.

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Bakula's perpetual Mardi Gras

INTERVIEW

NCIS New Orleans star talks about his Big Easy role

Ned Ehrbar
Metro | Hollywood

Scott Bakula is celebrating the midseason finale of NCIS New Orleans. CONTRIBUTED

Scott Bakula is no stranger to TV, but a prime spot in the NCIS empire is still a fairly new experience. Bakula leads NCIS: New Orleans, which aired its first midseason finale last night on Global. He stars as Senior Special Agent Dwayne "King" Pride. But a job like that comes with its own unique challenges.

What do you think has changed for TV over the years? And do you think a franchise like this is kind of a sure thing?

I don't think there are any sure things anymore. I would've bet you a lot of money that Men of a Certain Age would've lasted more than 22 episodes and I would've lost a lot of money. I am still shocked by that. You just learn over your lifetime that when you're off making it, you know it's real.

As I've told everybody about this show, we have to make a good show. People aren't lazy with their clickers.

They switch channels if they don't like you. So if 17 million people are tuning in on a Tuesday night for NCIS, and for our show everybody turns off the TV and goes to watch something else and we only get 10 million people — which is a lot for a lot of networks, but only 10 million on CBS are watching — our show we'll be cancelled. So I don't take anything for granted.

> **'I said a couple of weeks ago, 'We're running out of parades,' and they said, 'Oh no, it's New Orleans, you never run out of parades.'** Scott Bakula on what sets NCIS New Orleans apart from the other shows

NCIS has been on the air for 12 years. Is it intimidating to follow that?

It's hard to get my head around. It's still hard to comprehend that you're following the most-watched TV show on planet Earth. We were doing a crossover episode and I flew to L.A. to shoot with Mark (Harmon), and I was shooting Episode 4 and they were shooting Episode 240.

It's kind of humbling, really. I've never had anything last that long, so I can't comprehend it.

After four and a half years of Quantum Leap and four years of Enterprise, I was not ready for those shows to end. So I know that my attention span can last at least four years.

What sets this apart from the other NCIS shows?

I said a couple of weeks ago, "We're running out of parades," and they said, "Oh no, it's New Orleans, you never run out of parades."

There is a parade for Thanksgiving, there is a parade for Halloween, there is a parade for Christmas, there are all the Mardi Gras parades, there is an Easter parade. They love to celebrate in that town, but at the end of the day we have to dig deep into the history and the culture and the community that lives there. You have all this infusion of all these worlds coming and landing there and settling there and dying and killing and storms and tragedies. And the people that stay there are, they're a little crazy and very possessive about the city. They're all asking me, "How do you like my city?" It's a fascinating place and that's part of the show, a big part of the show.

WEDDINGS

Sip-free Sofia sparks baby talk

During what was certainly the most heavily documented celebrity wedding of the decade, bride Sofia Vergara raised more than a few eyebrows by eschewing any celebratory champagne, despite her marriage to Joe Manganiello being a huge party.

So what gives?

"The reception was so much fun. Even though so many people there were wasted, Sofia was not at all," a source says of the West Palm Beach, Fla., nuptials, according to Radar Online.

"Either Sofia chose not to get drunk at the wedding out of respect for Joe" — who is 12-years sober — "or she is pregnant."

Well, then. Which do we think it is? The groom's comments at the reception point to family planning: "Joe cannot wait to have children with her, and he said that they are going to be trying right away," the source adds.

Maybe they got an early start on it.

NED EHRBAR/ METRO HOLLYWOOD

Sofia Vergara. GETTY IMAGES

JOHANNA SCHNELLER WHAT I'M WATCHING

Light from The Shadow

WARRIORS FROM THE NORTH, PASSIONATE EYE (CBC)

In this Danish documentary by Soren Steen Jespersen and Nasib Farah, a young man identified as The Shadow sits in a dim room, his face and voice obscured.

Calmly, he explains his reasons for joining Al-Shabab, the Islamic extremist group based in Somalia.

As the son of Somali immigrants to Denmark — allegedly one of the most socially enlightened places on earth — The Shadow spent his teenage years on the margins, doing drugs, getting into trouble, and seeing no prospects for himself.

"Nothing in my life made any sense," he says.

Then a group took him in, fed him, treated him seriously, talked to him about God. He realized, "I could become a warrior for Al-Shabab, or I could stay in Copenhagen and be a failure."

Anyone struggling to understand why so many people volunteer to kill themselves in what they see as holy war can find answers here.

After a childhood friend blew up a medical school graduation, Farah travelled to Somalia and back to Denmark, conducting interviews over four years.

His insider point of view sets this doc apart, as does its call for compassion.

The filmmakers believe western authorities should bring these young people back into society, rather than punish or alienate them further.

They contend that the West needs to admit its own failings: a study of seven European cities proves that Somali communities suffer the most isolation, the least employment, and the lowest rate of education.

You don't have to be Einstein to realize what comes out of that.

Warriors From The North is an insightful look at what drives young people to join terrorist groups. it re-airs on CBC Television this Saturday night. CONTRIBUTED

GOSSIP BRIEFS

Move over Brad, Angelina has eyes for Frankenstein

Angelina Jolie could be set to star as the Bride of Frankenstein in Universal's planned remake of the movie. According to Comingsoon.net and The Hollywood Reporter, the group is keen to revamp the cult 1935 horror flick with the star taking the lead role. The remake was first announced back in 2009, when it was set to be produced by Brian Grazer and directed by Neil Burger. Jolie's most recent project, By the Sea, which she directed and stars in alongside Brad Pitt, was released this month to poor box office sales, earning a total of $313,000. AFP

metro DRIVE
Your essential daily news

White is the most popular car colour worldwide for fifth year running, Axalta report shows

Practical Civic shows its fun side

REVIEW

Canada's top-selling ride gets a complete makeover

Jil McIntosh
For Metro Canada

Even when something's at the top of the heap, it still has to be kept up to date, but that rule hasn't always resonated with Honda. Its Civic has been Canada's best-selling car for almost two decades, but the last couple of "all-new" redesigns were so watered-down that it was sometimes tough to see exactly what had been done.

All is forgiven with the 2016 sedan, which truly is completely redesigned and which is now one of the more impressive mainstream compact sedans that I've driven.

There are two new engines, starting with a 2.0-litre four-cylinder that makes 158 horsepower, but my tester used the 1.5-litre turbo-charged four-cylinder. It's Honda's first turbo in North America and cranks out 174 horsepower, and runs on regular-grade gasoline. While the 2.0-litre is available with a six-speed manual, the turbo exclusively uses an automatic continuously-variable transmission (CVT). The steering and handling are also much improved, and the car feels lightweight and nimble, with sharp response.

It's now longer and wider, and even though the roof swoops down at the back, rear-seat headroom remains the same as before. The cabin is very roomy and comfortable overall. The interior is also updated, most notably with a new instrument cluster that replaces the weird two-tiered version Civic used to have. Almost all materials are now soft-touch for a premium feel, and there's more small-item storage space than before. Most of the controls are large and easy to use, but the stereo needs a real volume dial, instead of an annoying touch-screen slider that's nearly impossible to accurately tap when you're moving.

There's also smartphone integration on all but the base model. Plug in your phone, and either Apple CarPlay or Android Auto will access many of your apps on the car's centre screen (but please pay attention to your driving instead).

The Civic's still practical, but now it's fun as well. It's taken a few tries to get here, but Honda has finally released a version that's truly worthy of its best-seller status.

KUDOS
The 2016 Honda Civic was named the Best New Small Car by the Automobile Journalists Association of Canada.

THE CHECKLIST | 2016 HONDA CIVIC SEDAN

THE BASICS

Type. Four-door, five-passenger compact sedan
Engine (hp/torque). 2.0-litre four-cylinder (158/138); 1.5-litre turbo four-cylinder (174/162)
Transmissions. Six-speed manual or CVT
Price. $15,990 (base), $24,990 (as-tested), plus destination

COOL FEATURES

- Capless fuel filler
- Walk-away locking
- Lane Watch passenger-side monitor
- Wireless phone charging
- LED headlights
- Forward collision warning with braking
- Lane departure warning and mitigation
- Electronic parking brake

JIL MCINTOSH/FOR METRO

POINTS

- The Civic is also made in Ohio, but all sedans sold in Canada are built at Honda's plant in Alliston, Ont.
- Although it's larger than the outgoing model, the new version uses more high-strength steel, so it's stiffer and weighs less than before.
- The base DX trim comes only with a stick shift, and air conditioning is not available on it.

MARKET POSITION

Honda admits it was previously only chasing the competition, but now tries to move ahead. Civic is now a global vehicle, and all factories worldwide use techniques and training developed at the Ontario plant.

THE COMPETITION

Toyota Corolla
Base price: $15,995

Dodge Dart
Base price: $17,995

Volkswagen Jetta
Base price: $15,995

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AUTOPILOT

Interior design for the self-driving era stirs mixed feelings

Mike Goetz
For Metro Canada

The Volvo Concept 26 revealed at this week's auto show in Los Angeles isn't a whole vehicle — just some interior elements to show how an interior might be optimized to take advantage of autonomous or self-driving technology.

The main idea behind Concept 26 is that future autonomous cars will allow drivers three different ways to spend their time behind the wheel — drive, work or relax. This interior will literally reshape itself into three different "modes," depending on what you want to do.

"Drive" mode is like a normal interior, with upright seating and the driver at the control.

"Create" is one of modes possible when the vehicle is driving itself, and transforms the driver cockpit into a work station, entertainment lounge, or combination of both. The passenger-side dashboard flips around to reveal a 25-inch flat-screen monitor.

The driver's seat, tray table, and tablet interface in the centre console can be configured in a variety of ways to help you get work done, or to consume various quantities of entertainment.

"Relax" mode reclines the driver's seat into a bed-like horizontal position. You can just lie there, or partake of the content that the entertainment centre curates, and suggests to you, via the big flat screen.

This is all good, right? Who wouldn't want to nap in your car when you're too tired to drive? Or watch the complete first season of the acclaimed British series, Sherlock, starring the captivating Benedict Cumberbatch, during one straight drive to Disney World in Florida?

I'm just having trouble with the suggestion that this interior, and others like it that are also optimized for self-driving, will "save" time, or make time more productive, or just generally be "better" somehow.

The Volvo Concept 26 is so called because, according to Volvo research, autonomous driving will "allow drivers to reclaim a significant amount of time from their daily commute, and make the time more meaningful.… In the United States many drivers could regain an average of 26 additional minutes for each commute and several hundred hours per year."

Make the time more meaningful? By spending more time on the screen?

I guess there is always the possibility that more screen time could be productive and meaningful, but the chances are just as great we're going to slide into our default mode, and watch another episode of Say Yes to the Dress, or the latest instalment of Sports Centre, or other stuff we'd rather not admit to publicly.

I don't have a long commute now, but when I did a few years ago, I loved that "limbo" state, where a hectic work day was held at bay, or my home life was held at bay, until I actually got there.

The boring commute seems to be one of the last best ways to get some forced "do nothing time," which researchers increasingly say is a vital component of being human.

Movie treatment

The Los Angeles Auto Show has brought with it a share of creative car makeovers as vehicle manufacturers partner with movie studios for a series of eye-catching tie-ins; we look at four recent homages from the show itself and abroad. AFP

FIAT

A 'Trooper

Fiat Automobiles has snagged the Star Wars look that turns its 2008 European Car of the Year into a piece of sci-fi headwear on wheels. The Fiat 500e Stormtrooper has a custom colour scheme plus a windshield and side windows wrap that gives it the look of a First Order Stormtrooper's protective helmet. The black and white theme continues with the supermini's interior that envelops leather- and Alcantara-upholstered front and rear seats, with a "Star Wars" logo placed on the dash and a First Order insignia placed on the leather-wrapped steering wheel.

FORD

The Minionwagon

Meanwhile, Ford's Transit Connect isn't so much miniwagon as it is Minionwagon after a crossover with Universal Pictures' Minions. The seven-passenger, folding-seat Minionwagon is in the midst of a U.S. tour, starting at the final NASCAR Sprint Cup race at the Homestead-Miami Speedway on Nov. 22 before heading to the Universal Orlando Resort, then Atlanta and Philadelphia, before arriving in New York City.

MERCEDES-BENZ

One for the whole gang

Big enough for Charlie and all his pals: The Peanuts Movie has got a helping hand from Mercedes-Benz in the form of the V-Class van. If we all thought Snoopy flies a Sopwith Camel, it turns out that he drives a Mercedes-Benz van, at least for now, as the Peanuts gang are going on a promotional tour of Germany. That's ahead of The Peanuts Movie getting its domestic German-language premiere on Dec. 23, while a 30-second computer-animated commercial, "Snoopy's Biggest Ride," does the job on TV.

TOYOTA

Futuristic twist

Back at the L.A. Auto Show, Toyota brought its "Back to the Future" edition of the hydrogen-powered Mirai to the Convention Center floor. Shown off at the Las Vegas SEMA Show at the start of November and now in Los Angeles, the gullwinged custom number also sports several other modifications courtesy of Toyota partner MV Designz: a Mr. Fusion power supply, a Flux Capacitor, time machine display and mirrored wheels, in addition to the films' Outatime registration plate.

HONDA

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Model shown: Civic Touring FB2F7FKNX

2015 CR-V

$2,000† Cash purchase incentive on select 2015 models

MSRP $30,045** includes freight and PDI.
Model shown: CR-V Touring RM4H9FKNX

2015 ACCORD

$3,000† Cash purchase incentive on select 2015 models

MSRP $27,045** includes freight and PDI.
Model shown: Accord Touring CR3F9FKN

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†$2,000/$3,000/$2,500 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D L4 EX-L Navi, 2D V6 EX-L Navi 6MT, 4D LX CVT, 4D Sport, 4D EX-L, 4D Touring) and select Civic models (2D LX, 2D EX, 2D EX-L Navi, 2D Si, 4D DX, 4D LX, 4D EX, 4D Touring). Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$27,045/$17,245 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX CVT CR2F3FE/Civic 4D DX 5MT FB2E2FEX including $1,695/$1,695/$1,495 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer. Taxes, license, insurance and registration are extra. Offers valid from November 3rd through 30th, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

GLK is mostly a worry-free bet

USED VEHICLE

2010-16 models from Mercedes mix comfort and sportiness

The Mercedes GLK launched for 2010 with a blocky and rugged look that flew in the face of more swoopy and windswept competitors, and boasted great visibility on account of its square proportions and thin window pillars, generous manoeuvrability, and a full complement of upscale feature content fitting of the badge.

Taking a place beneath the ML in the brand's utility vehicle lineup, GLK intended to compete with machines like the Acura RDX and BMW X3. Feature content included push-button start, navigation, heated leather, automatic climate control, xenon lights and plenty more.

At launch, all models ran a 3.5-litre V6 with 268 horsepower, a 7-speed automatic, and 4Matic All-Wheel Drive (AWD). From 2013, the V6 was up-rated to just over 300 horsepower, and a 2.1-litre twin-turbo diesel four-cylinder engine becomes available, in the GLK 250 Bluetec.

The test drive

Any jerky shifts, slamming sensations, or failure of the transmission to respond via downshift to throttle inputs could be the result of a fussy Transmission Control Unit (TCU), which can be remedied by a reset or reflash of its computer software. If any unwanted sensations from the transmission are noted on a test drive, be sure to have a Mercedes dealer investigate.

Run the COMMAND central control interface through its paces, exploring and confirming proper operation of all functionalities. Some owners have reported sporadic or regular crashing-out of this system, which can render many vehicle functions relating to communications, entertainment and navigation inoperable. Revised system programming, available through your dealer, will typically solve any detected issues. Try the control knob in all directions, call up all menus, pair a phone, and be sure the system responds favourably.

Confirm proper operation of the powered tailgate, if equipped. If the tailgate reverses direction on its own, in either direction, a faulty motor clutch is probably to blame. Dealer service advisers have access to a service bulletin with more information on diagnosing and fixing issues with the rear power tailgate.

Squeaky brakes may be the result of excessive wear, or the need for revised brake pads to mitigate vibrations that cause squeaks. Other uncommon but notable issues include backup camera failure, short taillight bulb life, and fluid leaks from a front axle seal.

JUSTIN PRITCHARD

What owners like

Styling, classiness, comfort and the GLK's upscale cabin are highly rated by owners. Many report a perfect blend of agility, sportiness and comfort is maintained on all surfaces. A solid and robust feeling of quality is noted, and even the standard stereo system is said to be potent. Finally, numerous tall drivers go out of their way to mention the GLK's generous head-room.

What owners dislike

Some owners wish for larger side mirrors and more rear seat legroom, and question the engine's need to be fed premium-grade fuel.

The verdict

The most frequently reported issues with the GLK appear to be minor in nature, and should be easily detected and fixed. Prospective shoppers who find a good deal on a used copy, and get a thumbs-up from a Mercedes-Benz technician on a pre-purchase inspection, can buy with confidence.

PHOTO COURTESY MERCEDES

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A GENTLEMAN'S GUIDE

Luxury is about being yourself

Find your style and then go from there

How does today's man define decadence, luxury and pampering? For Jeremy Levy, the co-founder of StreetScoutMe, it's all about time — saving time or using the time you have to do or wear things that bring you pleasure.

"The concept of the 'finer things' in today's generation has to do with short cuts. It's more a Utopian way of looking at things. Does this save me time or is it adding time?" Levy says. "Time is very precious, especially for today's generation who usually has a very short attention span

"Pampering myself usually means doing things I like and not caring what other people think. For instance, I like to play video games because it relaxes me. I also like pampering myself by looking for the next fashionable jogger. Many joggers now look like dress pants, but feel like sweat pants. Does it get more luxurious than that? I don't think so."

Jeremy and his wife Sabrina are responsible for StreetScoutMe, a Vancouver-based style blog available at streetscout.me. Jeremy and Sabrina can often be found scouting stylish strangers on the streets of Vancouver or hitting up fashion weeks.

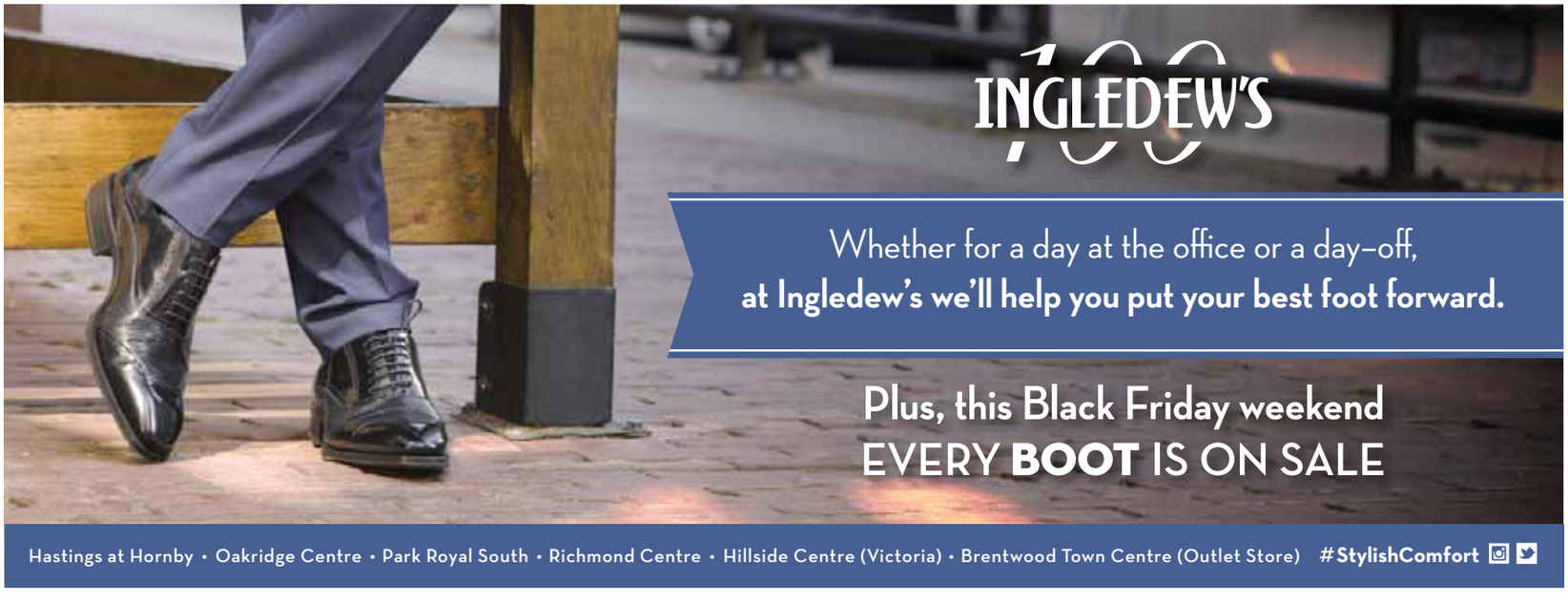
While the concept of luxury varies from person to person, for Levy, luxury is embodied by an embracing of the past.

"For me, it's always been the traditional pieces that speak luxury to me. In a world full of tech, we tend to forget about the traditional ways of life," he says. "Nowadays, I find it hard to share my passion for watches with fellow men. Most of them don't even wear a timepiece, and, if they do, it's an Apple Watch."

Levy explained that finding luxury can actually be a fairly simple process, starting with the clothes you wear.

"Suits have always been a common denominator between men and luxury. It's so easy to look good when you throw on a suit," he says. "The suit doesn't even need to be expensive to be luxurious. A great example is my Topman suit that I wore for my wedding. Their suits are sleek European cuts and very affordable. Stylish frames are also a common denominator for men's luxury."

CONTRIBUTED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Latest VSO show has a licence to thrill

The Vancouver Symphony Orchestra has a new special agent in its midst. His name is Bond. James Bond. And the orchestra's upcoming performance of iconic movie themes is licensed to thrill.

"Expect to be shaken and stirred," says Matthew Baird, the VSO's public relations manager. "It will be a rollicking evening of memorable music delivered by two incredible vocalists and the full force of Vancouver Symphony Orchestra."

CONTRIBUTED

The VSO Pops — 50 Years of Bond, James Bond, takes place Nov. 27 and 28. A show of this nature tends to draw some attendees who may not normally consider symphonic performances. Baird explained that these types of performances can help introduce new listeners to the orchestra. They will be doing other shows in the New Year based on music from Pixar films, and a screening of The Godfather, where the orchestra will play the score live as the film plays on a screen.

"Lots of people have commented that their first experience of 'classical' or 'symphonic' music is through film scores. And there's nothing like hearing and experiencing a performance live in a great concert hall," Baird says. "It offers a slightly less intimidating way to attend a concert for the first time, since they often know and love the music from the movies. The themes and tunes can draw out emotions and feelings even in the absence of the accompanying motion pictures."

John Morris Russell, who leads the Cincinnati Pops Orchestra, is the conductor behind this project and he has had access to the original arrangements.

For more details visit vancouversymphony.ca, or call 604-876-3434.

Charals offers finer things of life

Luxury goods as gifts or for yourself

For men who appreciate the finer things in life, Charals offers products that can deliver longevity and performance in luxury accessories.

CONTRIBUTED

"Men today are more knowledgeable about the finer things and luxury accessories and want to buy the best they can afford," says Al Charania, the owner of Charals. "They want better quality products and the best brand names. They are paying more attention to the finer details in the everyday life products."

CONTRIBUTED

Charals offers a variety of unique luxury goods and accessories. Writing instruments sell well during graduation season and as groomsmen's gifts. Luggage is popular during the spring and summer. And grooming and personal accessories are popular throughout the year. A comprehensive catalogue of products is available at charals.com.

Charania said the majority of his clients are men looking for themselves, or to find a gift for a client, a graduation, or a business or appreciation gift. His most popular item, at the moment, is the Khlip nail clipper, and it is representative of the type of items he, and his clients, value – better designs on old values and value on well-designed products.

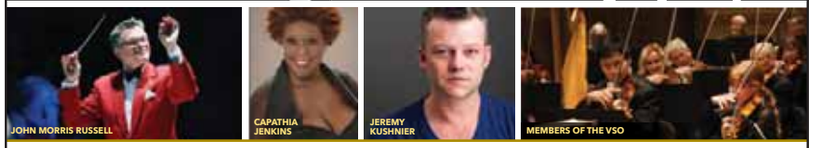
"There is a big difference in quality and materials used between a one-dollar item and the ones we sell," he explained. "Our products are well designed, made of the best materials and a lot of effort went into making them right. Most of them are from well-established brand names, and usually hold their value and are considered prestigious."

50 YEARS OF BOND

007

VSO VANCOUVER SYMPHONY ORCHESTRA

BRAMWELL TOVEY MUSIC DIRECTOR



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Goorin gives a tip of the hat to style

Shop offers men the ultimate experience

Clothes may make the man. But when it comes to fashion, a hat makes a statement — and Goorin Bros. has been helping men define their style for 120 years.

"Ben Goorin, who is a fourth-generation president of the company, says to wear a hat is to make a statement without saying a word," says Matt Clayden, district manager at Goorin Bros. "It completes the entire outfit and speaks to who you are as a person."

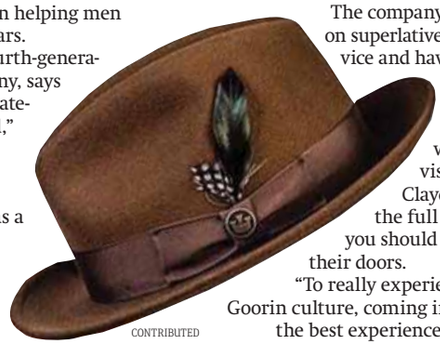
Goorin Bros. has been family owned and operated since its inception in 1895. And its respect for tradition continues through its decoration — all stores are decorated in period-appropriate style. Even some of the hat molds from the early days are still in use in its Heritage collection.

"When you walk through our stores, it's like stepping back in time," Clayden said.

Chances are you've seen Goorin's handicraft without knowing it.

"Hollywood has really built that trend towards wearing a hat again," he says. "We get people from pre-teen to 80-year olds, but our bread and butter is the 25-40 year olds. You look at shows like Breaking Bad and Mad Men and that style is popular.

"In fact, we made the 'Heisenberg' hat that was used in the show."



CONTRIBUTED

The company prides itself on superlative customer service and having a knowledgeable staff. And while customers are welcome to visit goorin.com, Clayden said to get the full experience you should walk through their doors.

"To really experience the Goorin culture, coming into our shop is the best experience."

Eyeland blends style with comfort, quality

When it comes to refining a man's look, the right pair of glasses can help him not only see, but be seen.

"Your eyewear is your most important accessory. It's the first thing people see when they meet you," explained Sara Moshurchak, the head honcho/owner of Eyeland Framemakers. "You've got the best suit and shoes, so finding the best pair of eyewear is critically important."

Eyeland Framemakers specializes in fine eyewear and has been making custom and handmade eyewear since 1994. Eyeland produces its own collection, MOSHdesigns, made completely by hand in its Gastown studio.

"We offer bespoke services — if you have an idea, we can make it in acetate or horn," Moshurchak says, adding people can personalize their glasses. One client took wheat from a farm and pressed it; another silk-screened an artist's image and laminate it into frames.

Helping people find the right glasses — and the right fit — is key.

"A big part of what we offer is exceptional customer service and a personalized experience from an unbiased perspective," she says. "Along with our style savvy, we are there to help ensure the fit and technical aspects of the frame will work with his face and prescription. The eyewear could be the most stylish, but if it doesn't fit well, it won't look good.

CONTRIBUTED

For the holidays, Eyeland will be making a style package of matching eyewear, hats, and bow ties. "And for the man who has everything, monocles and pince-nez's will be available in early December," Moshurchak says.

To learn about all your eyewear options, visit eyelandframemakers.com.

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Chor Leoni: runaway hit back on stage

A vocal performance inspired by the 1914 Christmas truce is making a return to the Vancouver stage — and it may lay the foundation for a holiday tradition that will last for generations.

"Essentially, we're back by popular demand," explained Erick Lichte, the artistic director of the vanguard male vocal ensemble, Chor Leoni. "We're doing the show again basically because it was a runaway hit.

"What we're seeing here is that so many of our audience is saying that we want to make this a new holiday tradition. This could be a part of Vancouver holidays for years to come."

On Dec. 5, the ensemble will be staging two performances of All is Calm, The Christmas Truce of 1914, a production inspired by a true story. "People know about the story, but some may feel it is probably fake, apocryphal, or an urban legend," he said. "Ninety-five per cent of the words spoken are from historical documents — letters, journals, war diaries."

CONTRIBUTED

For more details on the show or tickets to the Queen Elizabeth Theatre production, visit chorleoni.org.

"There is an incongruity between the idea of war and the idea of Christmas. These are two things that do not go together in our minds," Lichte said. "The historical aspect of the truce of 1914 showed that Christmas won out over war through the heroism of these men. It gets down to peace on Earth and goodwill to all. It's an idea people want to believe in."

TAILOR KNOWS HOW TO MAKE A MAN LOOK GOOD

Styles come and go (and come back again) and Pat Cocco, the owner of Burnaby-based Seville Tailors, has seen them all. With six decades of experience — including being the tailor for the 2010 Olympic opening ceremonies — Cocco knows what it takes to make a man look good.

"I've seen bell-bottoms to tight fits to flares, pleats, not pleated — and everything usually comes back, but in a slightly different way," he said, adding that the current trend is favouring two-button jackets, shorter pants, a trimmer fit, and more vibrant colours. "It's the comeback of the early '60s. Men are starting to wake up a bit from the old, traditional suit."

Seville only offers custom suits and is patronized by men looking for something a little out of the ordinary, Cocco said. And to find the right suit, a man has to start by knowing how often he's going to need one.

"I ask this question: do you wear suits for work? If not, then a general suit for multi-purpose use might be enough," he said. "I try to steer them to a plain colour, that way they can adapt — use the jacket as a blazer, wear it without a tie for a more casual look.

"It allows someone to have a bit of a small wardrobe with just one suit."

SHUTTERSTOCK

Those who wear suits every day tend to be a little more stylish in their choices and prefer variety, Cocco explained, adding that he recommends a minimum of six suits for those who wear them daily. "If you wear a suit too often, it's hard on the suit and it shortens the life of the suit," he said, adding that you may have to update them from time to time. "Styles change — a few years ago lapels were wider, now they're more trim."

To learn more about Seville Tailors, visit sevilletailors.ca.

CHOR LEONI
Erick Lichte ARTISTIC DIRECTOR
ENCORE PRESENTATION
ALL IS CALM:
THE CHRISTMAS TRUCE OF 1914
Written and Directed by PETER ROTHSTEIN
Musical arrangements by ERICK LICHTE and TIMOTHY C. TAKACH
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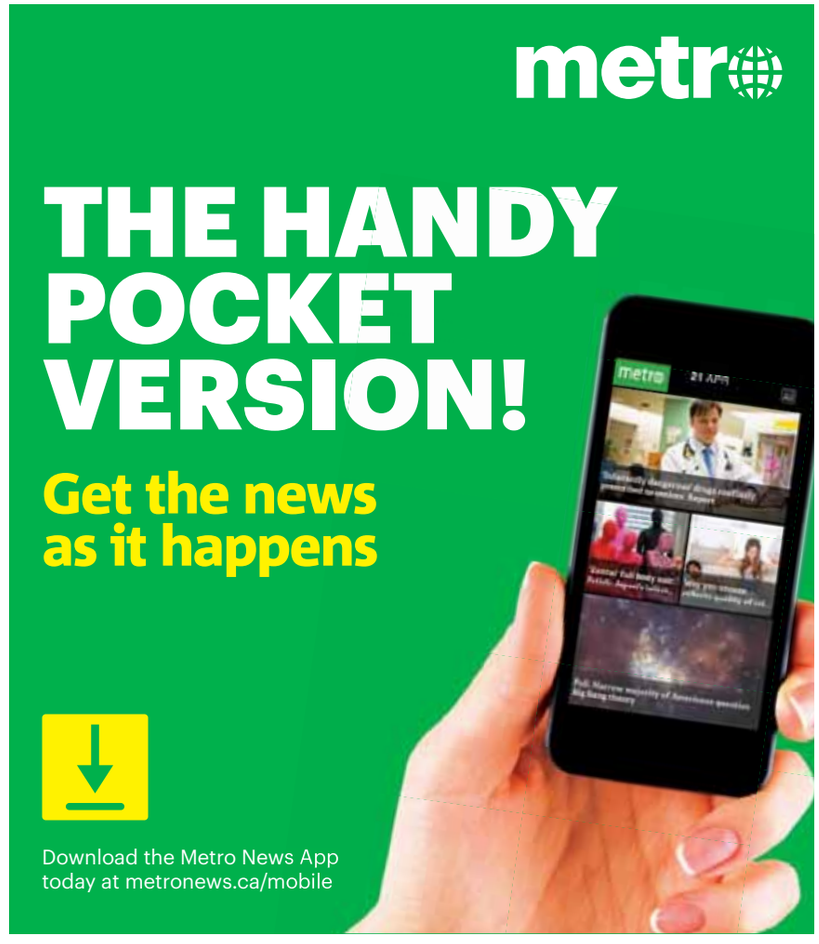

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Thrive delivers clinical counselling and consulting designed for men, covering subjects such as depression, anxiety, dating, and sexuality. Though the centre's counsellors differ widely in their personal backgrounds and approaches, they share a common belief.

"We focus on individual strengths, positivity, and navigating each unique path to where you want your life to be – not where others tell you it should be," Kivari says.

This focus on strength and confidence is a break from how many traditionally imagine therapy: where the focus is only on the negative.

"We've all heard enough from people in our lives about what's wrong with us," Kivari says. "Let's boost what's right."

The group has successfully used this approach with a wide range of men and topics, such as: transitioning out of university or the workforce, dealing with grief and loss, and coping with high pressure work environments.

"There is a myth that persists in pop culture that guys aren't capable of talking about their difficulties," he says. "All they need is someone who speaks their language, who knows where they're coming from."

For people interested for themselves or a loved one, they can visit the center's website at thrivemens.com or leave a confidential voicemail at 604.229.0297.

"Taking that first step is often the hardest," Kivari says. "This is here, offering a chance for you to get your sense of self back and move forward with confidence."

Once people take that first step, what should they expect?

"Respect, confidentiality, professionalism, and an immediate focus on strengths," Kivari explains. "The clinicians working here have been where you are; we've gone through the trenches with our clients and we've been privileged to watch their lives change."

The message is simple and direct. "We can help. You're no longer alone."

metro SPORTS

The Rangers are the most valuable NHL franchise at $1.2 billion, according to Forbes, ahead of the Habs ($1.18B) and Leafs ($1.15B)

Horvat looks to rebound from sophomore slump

NHL

Young centre has two goals, eight points in 22 games

Cam Tucker
Metro | Vancouver

Bo Horvat is approaching a career milestone.

If he stays healthy and in the Vancouver Canucks lineup, he's scheduled to hit 100 NHL regular season games played on Dec. 15. And yet, he is still only 20 years old and won't turn 21 until next April. He's still a developing young player, playing a difficult centre position.

Since making the Canucks as a 19-year-old rookie last year, he's gone from sheltered minutes on the team's fourth line to a different role with added responsibility — penalty kill and power play included — this season.

After exceeding expectations with 13 goals and 25 points in 68 games, he's well aware of the struggle at times this season with point production.

"You always like to contribute offensively and when it doesn't come, you get frustrated. But it's how you bounce back from it," said Horvat, who has two goals and eight points in 22 games this season.

Canucks coach Willie Desjardins believes that Bo Horvat's decent play will eventually pay off and have him racking up points again. RICH LAM/GETTY IMAGES

Going from a fourth-line centre to the second- or third-line — Brandon Sutter has missed the last six games with an injury, adding to Horvat's workload — isn't easy.

"A lot of people don't realize it. It's a big jump," Horvat said Tuesday, before the team flew to Minnesota to play the Wild on Wednesday.

"It's going to take some time to get used to and I'm starting to get more comfortable now."

Maybe "confident" is a more appropriate term. Because that's how Horvat looked when on separate occasions Sunday against the New Jersey Devils, he powered through the neutral zone with speed, made a move on the defenceman to create a scoring chance. No goals, though. "Those kinds of things happen," said Horvat. "Just to make those plays … gives you confidence."

His coach, Willie Desjardins, doesn't believe that quality wavers, even if Horvat is going through a dreaded sophomore slump.

"I'm not upset with Bo," said Desjardins. "Can he play better? Yes. I think he's trying to do too much the odd time.

"How do you get upset with a guy for trying to do too much? You want guys that want to make a difference, that care. He wants to make a difference and he cares."

FALL IN VALUE

The Canucks experienced in 2015 a $55-million decline in value compared to figures from a year ago; however, they still remain the sixth-most-valuable NHL franchise, according to Forbes.com.

In 2014, Forbes valued the Canucks at $800 million. That number fell to $745 million in 2015.

"Early in the 2014-15 season the Canucks consecutive sellout streak at Rogers Arena was snapped at 474 games," states Forbes.com.

CAM TUCKER/METRO

Canucks clearout would be great Christmas gift

THE HOCKEY NEWS

Ronnie Shuker

It's turkey time in the United States and a sign that decision day for the Vancouver Canucks should be coming soon.

American Thanksgiving traditionally marks the first-quarter pole of the season, a time when teams take stock of where they're at so they can set (or reset, in the case of what the Canucks should be doing) the direction they want to go. After beginning the season 3-0-1, Vancouver has predictably fallen in line as a sub-.500 team, going 5-8-5 since its hot start. The temptation is to believe the team is a legitimate contender in what has turned out to be a surprisingly weak Pacific Division.

The Canucks are looking like peacocks only because they're surrounded by a bunch of turkeys. The Edmonton Oilers are done like dinner without Connor McDavid, and the analytics have finally caught up to the Calgary Flames. Meanwhile, the Arizona Coyotes have started to come back to the pack as expected, and the Anaheim Ducks smell so bad offensively that the "fowl" puns practically write themselves.

That leaves the Los Angeles Kings and San Jose Sharks atop the division and Vancouver somewhere in between. What the Canucks have to decide is whether they're closer to the Kings and the Sharks or to the four turkeys below them in the Pacific.

Tempted by the lure of a playoff spot, general manager Jim Benning will likely keep this team on course when what he should be blowing this ship up and selling its aged parts off for whatever he can get and beginning the rebuild in earnest.

If the Canucks' suits are smart, they'll Black-Friday their entire roster save for Bo Horvat, Jared McCann and Jake Virtanen. That means the Sedins, Radim Vrbata, Brandon Sutter, Alexandre Burrows, Jannik Hansen, Alexander Edler and Ryan Miller should all be on the auction block.

Just because everyone around you is ugly doesn't mean you're beautiful. The Canucks are currently holding down a playoff spot in spite of themselves, not because they're actually deserving of it, thanks to the bottom feeders below them.

They had best look in the mirror and see themselves for the turkeys they are instead of the peacocks they believe themselves to be.

WHITECAPS

Robinson passed over for award

After guiding the Vancouver Whitecaps to their best regular-season finish since joining Major League Soccer, sophomore manager Carl Robinson finished third in the running for the league's Coach of the Year award.

The results were announced Tuesday.

New York Red Bulls coach Jesse Marsch won the award with 50.91 per cent of votes from club management, 64.79 per cent of votes from media, and 36.36 per cent of votes from MLS players, according to the league.

The Red Bulls placed atop the Supporters' Shield standings as the best regular-season team and are one of four teams remaining in the MLS Cup playoffs.

FC Dallas coach Óscar Pareja finished second in overall voting.

In their second year with Robinson as the coach, the Whitecaps finished second in the Western Conference standings, earning a home playoff date for the first time since joining MLS in 2011. This year, the club also won its first-ever Voyageurs Cup.

However, the season ended on a sour note, with the Whitecaps getting shut out in both legs of their Western Conference semifinal with the rival Portland Timbers, resulting in a playoff exit.

"We're excited about what we have achieved together, but make no bones about it, we are not content," Robinson wrote earlier this month in a letter to fans, found on the club's website.

"We have a terrific core in place, and we'll look to strengthen it this off-season. The hard work won't stop – in fact it has only just begun." CAM TUCKER/METRO

Carl Robinson GETTY IMAGES

Curfew keeps players ready for game

Members of the Eskimos arrive in Winnipeg on Tuesday.
JONATHAN HAYWARD/THE CANADIAN PRESS

GREY CUP

Redblacks and Eskimos have fun, but not in 'full party mode'

Players gearing up for Sunday's Grey Cup showdown arrived in Winnipeg Tuesday night, planning to enjoy the festivities — but not too much — while they prepare for the big game.

"Yeah, we do curfew," Ottawa Redblacks coach Rick Campbell told reporters shortly after the team's plane landed. "I think there's a balance you can strike of being able to participate and see some things without being in full party mode."

Players didn't seem bothered by the idea of a nightly curfew — 11 p.m. in Ottawa's case.

"I don't mind because I'm going to be in my bed," said Redblacks fullback Patrick Lavoie. "We know what we have to do."

Ottawa quarterback Henry Burris is gunning for his third Grey Cup ring. The 40-year-old said the fact the Redblacks are in the championship in the franchise's second year is a tribute to the way the players and coaches have jelled.

"With all the growing pains we had to go through as an organization, as a team last year, it's created a group of guys that never say die in that locker room."

The Eskimos won both regular-season matchups between the two teams, early in the season in July, but they are not taking anything for granted.

Quarterback Mike Reilly said Ottawa has come a long way.

"They were a very different team when we played them early in the season and so are we," he said. "It's not a coincidence that they're in the Grey Cup. They've been playing great football and they deserve to be there. So we're going to have to put together a great performance in order to get the win."

THE CANADIAN PRESS

Keepers of time

The Redblacks and Eskimos were 1-2 in time of possession but each offence will face a stiff test Sunday against stingy defences.

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RECIPE Chicken and Rice Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We lovingly refer this kind of meal as a half-homemade dinner. Pick up a rotisserie chicken on the way home tonight and whip up a pot of this delicious, nourishing soup.

Ready in
Prep time: 20 minutes
Serves 6

Ingredients
- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low sodium chicken stock
- 3 cups leftover or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs with the corn sliced off)
- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

Directions
1. Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.
2. Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.

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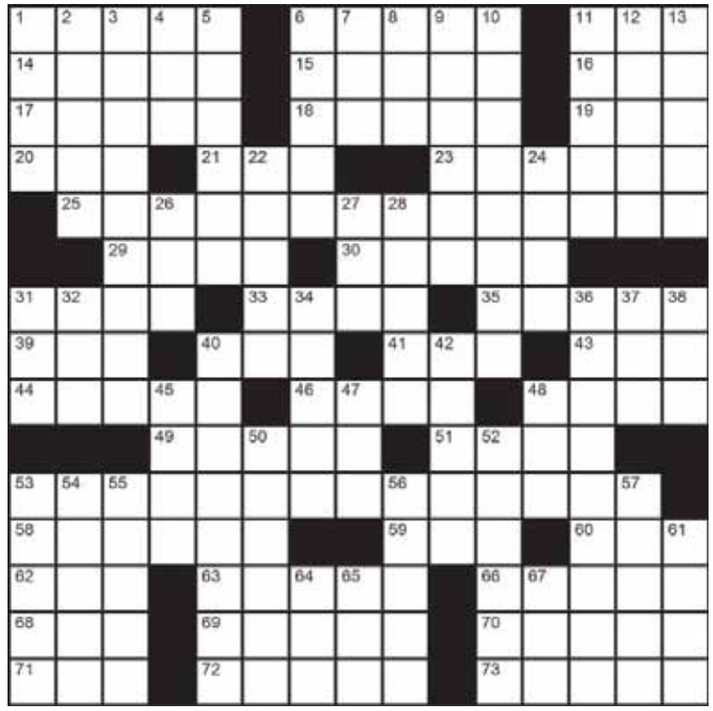
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Performs for pedestrians
6. La __ Grey (Grey Cup, en francais ...more at #25-Across)
11. American comedian Louis, et al.
14. _-__ (Carnivore's web purchase, say)
15. Turn __ _ new leaf
16. At the age of, in Latin [abbr.]
17. Edith Piaf's "__ __ en Rose"
18. City's leader
19. Freelancer's encl.
20. Soul: French
21. "Sheila" singer Tommy
23. Rick __, "Casablanca" (1942) main character
25. Sunday, November 29th, 2015... Winnipeg setting of this weekend's Grey Cup championship, __ __ Field
29. Chimney stuff
30. Saltpetre
31. Honey: French
33. Nile wader
35. Enthusiastic
39. "Gotcha!"
40. Azores island, __ Miguel
41. English cathedral city
43. Celebrity chef Ms. Drummond
44. Tomato sauce's partner
46. Roughly: 2 wds.
48. Canadian singer Ms. MacLean
49. Songbook standard: "Goodnight, __"
51. Twist, as timber
53. Canadian TV... "Crash Canyon", for one: 2 wds.
58. Peaceful
59. 'Hect' add-on
60. '_' __ for Victoria
62. Prefix to 'light'
63. Horse-__ carriage
66. Snow: French
68. Periods beyond regular hrs.
69. Start
70. Celebrity photographer Ms. Leibovitz
71. Form of stage show in Japan
72. "Swell!"
73. Covers the falcon's eyes

DOWN
1. Mr. Lugosi
2. Savoury fifth taste
3. "..._ _ that run high...": Bit of Canadian folk classic "Four Strong Winds" by Ian & Sylvia
4. And, in Athens
5. Prefix to 'phonic' or 'type'
6. Bathroom cleanser
7. Eggs, scientifically
8. One-eighty turn, slangly
9. Jeff __ (Host of "Survivor")
10. Canada's Governor General from 1904 to 1911 who, in 1909, donated the football trophy at #6-Across: 2 wds.
11. Big name in wristwatches
12. "Speed" (1994) name
13. Height-y, like a hill
22. Ancient seaport of Rome
24. Region
26. Li'l loudness
27. Clandestine maritime org.
28. Ascends
31. Blueprint
32. James __ (Smashing Pumpkins co-founder)
34. 1950s crooner Pat
36. Marvin Gaye smash: "I Heard It Through the __"
37. 'Profit' suffix
38. Stephen of movies
40. Actress Susan
42. Decrease
45. Famous magazine
47. Embarrassed
48. Three
50. Everlasting, in verse
52. Sports facilities
53. British car, __ Martin
54. Just began the hobby: 2 wds.
55. __ coffee
56. __ Domingo (Dominican Republic capital)
57. Seal
61. Dates
64. Noted botanist Mr. Gray
65. Drenched
67. Compass dir.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Ignore what others say you should be doing and do what feels right. If you listen to their advice you will get nowhere, so trust your own instincts.

Taurus April 21 - May 21
The full moon makes this an important time for money, so weigh your options and don't make a choice until you are 100 per cent sure you are doing the right thing. If you act on impulse you could regret it.

Gemini May 22 - June 21
It may seem as if the world is against you but common sense should tell you that isn't true. Try not to fall into the trap of thinking that those who disagree with you are enemies. They could be the best friends you have.

Cancer June 22 - July 23
Will you be able to make something out of all of your wonderful ideas? Of course, you won't know for sure until you try — so get on with it!

Leo July 24 - Aug. 23
Start something new, especially something of a creative nature. If you try your hand at something different today you may find you have a talent that has lain dormant for years — and it could make you rich.

Virgo Aug. 24 - Sept. 23
The more others tell you that what you are doing is misguided the more you will go out of your way to prove them wrong. You don't need anyone's advice — you are quite capable of getting it wrong yourself!

Libra Sept. 24 - Oct. 23
The full moon may prevent you from getting out and about as much as you would like to today but don't let that stop you from communicating. Thanks to the telephone and the internet no-one can hide from you.

Scorpio Oct. 24 - Nov. 22
You need a fresh approach to a money matter that has been causing problems. You've been influenced by what others think, so ignore their advice and follow your instincts.

Sagittarius Nov. 23 - Dec. 21
The Sun in your birth sign at this time of year gives your confidence a boost but you still need to have a plan. Today's full moon will impress on you the urgency to get one!

Capricorn Dec. 22 - Jan. 20
Despite what your mind might be telling you no one is out to get you and you won't lose out if you take the occasional risk.

Aquarius Jan. 21 - Feb. 19
If you have an urge to meddle in other people's affairs you must resist. The planets warn that even if you are successful in changing things you will have to change them back again later and it will cost you.

Pisces Feb. 20 - March 20
The Sun in the career area of your chart urges you to change things if you are unhappy with your lot in life. However, the current full moon warns you should wait a couple of days before making your move.

CONCEPTIS SUDOKU by Dave Green

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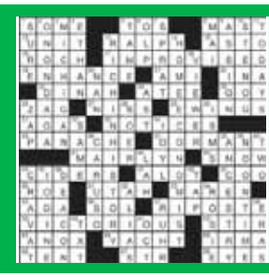

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